

## **A MESSAGE FROM YOUR CHILD'S DOCTOR**

### **Guidelines and recommendations if your child has a lead level below 10**

There is new evidence that low lead levels can potentially have harmful effects. Unfortunately, no medical intervention is available when children have lead levels below 10 mcg/dL. Since higher lead levels are more likely to be harmful, primary prevention measures are helpful in minimizing your child's further exposure to lead.

#### **What a parent needs to know and can do for their children:**

##### **Be Aware of Potential Sources of lead**

- Lead paint
- Lead-containing dust
- Soil

##### **Ways to prevent or decrease lead exposure**

- Good Hygiene - wash your children's hands frequently, especially after they play and before they eat.
- Make sure your child eats a diet that includes foods high in calcium (milk products and cheese) and iron (meats and green leafy vegetables). If your child does not like iron-containing foods, consider giving your child vitamins with iron.
- Regular housekeeping that includes cleaning of uncarpeted floors with a wet mop. Also, remember to wipe window wells and sills with a wet cloth or sponge. This is the most common area where children are exposed to lead.
- Inform your doctor if rooms in your house have recently undergone renovations, sanding or painting.
- Have your child tested for lead at his or her next well-child visit.

If you have any questions, please talk with your doctor. If you want further information call the Lead Program at the Monroe County Public Health Department (585) 753-5087.

*Produced by: Screening and Professional Education Committee of the Coalition to Prevent Lead Poisoning in conjunction with the Monroe County Department of Public Health, Preferred Care, Excellus, Action For A Better Community (ABC), and Rochester Primary Care Network (RPCN).*