

DHD#10 OBSERVES NATIONAL LEAD POISONING PREVENTION WEEK OCTOBER 24-30, 2021

October 25, 2021 – At District Health Department #10 (DHD#10), we are committed to reducing the risk of lead exposure by providing families with the resources to keep their homes and environments safe.

Lead is a toxic metal that can be found inside and outside of homes. The most common sources of lead exposure for adults and children are lead-based paint, lead-contaminated dust, soil around the home, and drinking water that travels through lead pipes.

Lead poses the biggest health threat to children under the age of six as exposure interferes with the development and function of internal organs including the brain, kidneys, nerves, and blood cells. Even relatively low levels of lead exposure can result in damage to the brain and nervous system, learning and behavior problems, slow growth and development, and hearing and speech problems. When lead is repeatedly inhaled or ingested, it enters the bloodstream and builds up to toxic levels resulting in lead poisoning.

Lead poisoning is largely preventable with increased testing, education, and prevention efforts. The key is to prevent children from contacting lead!

Parents can reduce a child's exposure to lead by:

- **Get the Facts:** Many homes built before 1978 have lead-based paint and lead pipes. Adults and children can both be affected by lead poisoning. The most common sources of lead in drinking water are from lead pipes, facets, and fixtures. Other sources of lead include metal toys, wooden toys or furniture painted with lead-based paint, some metal-containing jewelry, lead-glazed pottery or porcelain, candies, spices, or make-up. Lead can also be brought into the home on clothes, shoes, and hair.
- **Get Your Child Tested:** Ask your child's doctor about a lead test. Lead poisoning often shows no physical signs or symptoms. The only way to detect lead poisoning is through a blood test. If you suspect your child may be exposed to lead, talk to your doctor or local health department about lead testing.
- **Get Your Home Tested:** If your home was built before 1978, get it tested for lead through an inspection and risk assessment. If you rent, ask your landlord to have your home or apartment tested. To find out if you have lead in your drinking water, contact your local health department or water company to test your water.

For more information about lead prevention, testing services, and local resources contact your local Public Health Nurse at DHD#10 by visiting www.dhd10.org or calling 888-217-3904. Individuals may also call the National Lead Information Center, 1-800-424-LEAD (5323).



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