

WHAT YOU NEED TO KNOW ABOUT LEAD POISONING

What causes lead poisoning?

A mother's exposure to lead can cause an elevated blood lead level or lead poisoning in the unborn or nursing child.

In Sullivan County, lead paint and dust are the main causes of lead exposure. It is found most commonly in homes built before 1978; the older the home, the more likely that painted surfaces like windows, cupboards, doors, and porches will contain lead paint.

Other sources of exposure include soil, water, and jobs and hobbies using lead such as construction and home renovation, and ammunition and jewelry making. Some pottery glazes, imported spices and home remedies may also contain lead.



Should I get tested?

The Centers for Disease Control and Prevention (CDC) recommends talking to your doctor or Sullivan County Public Health Services to learn

If I test positive for lead exposure can I continue to breastfeed?



In most cases, breastfeeding is safe. However, if your blood lead level goes above 40 ug/dl, or your level is greater than 20ug/dl and your baby has a level of 5ug/dl or higher, you should talk with your doctor about continuing to breastfeed.

What can I do to protect my child and me from lead?

- ◆ Wash hands, bottles, pacifiers, and toys often
- ◆ Always take off shoes before going into the house
- ◆ If you have lead pipes, flush your pipes before drinking, and only use cold water for drinking or mixing formula. Flush pipes by running the water for approximately five minutes.
- ◆ Watch your diet carefully. Foods high in calcium and iron help keep lead from being absorbed by your body.
- ◆ Stay out of the house while disturbing paint or remodeling your pre-1978 home. Use certified Repair and Remodeling Professional when making updates to your pre-1978 home.
- ◆ Practice safe cleaning methods.

For more information, visit:

https://www.health.ny.gov/environmental/lead/renovation_repair_painting/index.htm

Or call The Sullivan County Lead Poisoning and Prevention Program at
845-292-5910, Ext. 0.



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