IS YOUR CHILD SAFE FROM LEAD POISONING?

Learn How to Protect Your Family

4345 N Lincoln Blvd, OKC | okhca.org |

SoonerCare
Oklahoma Health Care Authority

Use these tips to reduce the risk of exposing your child to lead poisoning.

What You Can Do at Home:

- Keep your child away from peeling paint. Homes built before 1978 may have been painted with a lead-based paint. Move cribs, high chairs and playpens and keep your child away from paint that is peeling, chipping or fading.
- Wet mop floors and wet wipe window sills.
- Wash toys and pacifiers often.
- Wash your child's hands and face before they eat and before they go to bed.

Other Tips:

- Plant grass or cover open dirt with plants or gravel if the soil around the home is or is likely contaminated with lead. Soil may contain higher levels of lead due to the peeling and chipping of exterior lead-based paint from older homes.
- Ask people to wipe their feet or take their shoes off before coming inside.
- Talk to your child's doctor before giving him or her natural remedies. Always talk to your child's doctor about any concerns or questions you may have about medications.
- Watch your child's diet. Foods high in calcium and iron help protect a child's body from absorbing lead.

Talk to your doctor about testing your child's blood for lead poisoning. It can be as easy as a quick finger stick.

Children should be tested at one and two years of age and if you think your child has been exposed to a lead hazard.

What you should take to the doctor:

- Key personal information, including where you live and whether you or your child has been close to any sources of lead
- A list of medications, vitamins or supplements you or your child takes, including doses

Questions for your child's doctor about lead:

- Has my child been tested for lead poisoning?
- If not, what tests are needed?
- What does my child's lead test result mean?
- Is the condition temporary or long-lasting?

To learn more about lead poisoning prevention and blood lead testing, call the Oklahoma Childhood Lead Poisoning Prevention Program at 800-766-2223.

This publication, printed by O.U. Printing Services, is issued by the Oklahoma Health Care Authority as authorized by Title VI and Title VII of the 1964 Civil Rights Act and the Rehabilitation Act of 1973. 500 copies have been prepared and distributed at a cost of $185.00. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries. [74 O.S.2001 § 3105 (C)] Order additional copies on the OHCA website www.okhca.org. SBRENG-BLDLD-2017 OHCA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-987-7767. CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-987-7767.