

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 (micrograms per deciliter). 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.