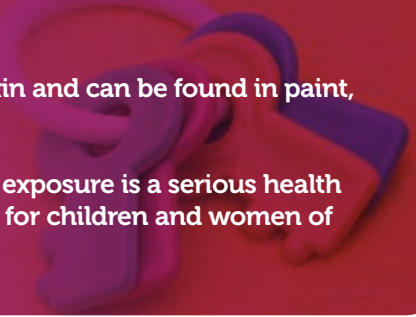


At Risk for Lead During PREGNANCY Or with YOUNG CHILDREN



Lead is a potent toxin and can be found in paint, water and soil.

It is hazardous and exposure is a serious health concern, especially for children and women of child-bearing age.



What should you know?

- During pregnancy, lead is released from the mother to the fetus and can result in reduced growth of the fetus or premature birth.
- **Lead exposure, even at low levels, has been shown to harm** the developing brains and bodies of infants and young children, which includes:
 - ▶ Lower IQ or ability to learn, increased behavior and learning problems, slowed growth and hyperactivity
 - ▶ Impaired school performance and increased juvenile delinquency
 - ▶ Increased childhood health problems such as speech and language delays, hearing problems, kidney damage, seizures, and in rare cases, death
- **Infants and children absorb 5 to 10 times more lead on an empty stomach** than adults.
- **Children generally ingest lead-contaminated soil and dust at higher rates** than adults because of hand-to-mouth behaviors.
- **There are often no signs or symptoms of lead exposure.** The only way to know if you or your child is being affected by lead is to **get a blood lead test.**



What can you do?

- Choose breastfeeding as the healthiest option for your infants first year.
- **Women of child-bearing age and children under 6 should ALWAYS drink and cook with filtered or bottled water; this includes water used for formula or juices.** Buy an NSF/ANSI 53 water filter that is certified to remove lead.
- If you cannot afford a filter, **always run the cold water tap for 3 minutes between uses.**
- Use paper towels, soap and water to wipe surfaces where paint is chipping, peeling, cracking or chalking. Clean these surfaces weekly.
- Wash dust and paint flakes off of hands, bodies, toys, bottles, clothes, windows, pacifiers and floors with soap and water.



What should you NOT do?

- **DO NOT** cook or make infant formula with hot tap water.
- Boiling water **DOES NOT** remove lead.
- **DO NOT** walk through the home with shoes or clothes if you work with lead, are renovating a home or have recently been exposed to bare soil.



Additional resources:

- **Get tested for lead exposure:** Contact your doctor, local WIC Clinic or your city's Health Department.
 - ▶ The City of Milwaukee Health Department recommends that all children in Milwaukee get tested three times before the age of 3.
- **Well Fed Means Less Lead!** See the reverse side for tips on protecting your family through the use of healthy foods.
- Visit GetWellFed.org for more information.

Get WELL FED

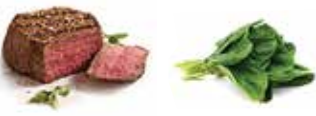




Exposure to lead can cause serious health concerns.

Even at low levels, lead is extremely harmful to infants, children and women of child-bearing age.

What you eat can help protect your family against lead!

Feed your family a healthy, balanced diet that contains good sources of iron, vitamin C and calcium.

IRON	VITAMIN C	CALCIUM
 <ul style="list-style-type: none">• Red Meat • Fish • Beans• Lentil • Iron-fortified Cereals• Spinach	 <ul style="list-style-type: none">• Oranges • Berries • Tomatoes• Bell Peppers• Dark, Leafy Greens	 <ul style="list-style-type: none">• Milk • Yogurt • Cheese• Kale • Turnip Greens• Calcium-fortified Juices

What should you know?

- More lead is absorbed on an empty stomach. Infants and children absorb 5 to 10 times more lead on an empty stomach than adults.
- Exposure to lead is harmful to childhood development and can cause permanent behavioral and learning problems, a lower IQ, slowed growth and hyperactivity.
- Good sources of iron, vitamin C and calcium may lessen the absorption of lead into your body.

What can you do?

- Offer and feed your family regular, healthy meals and snacks to reduce lead absorption.
- Participate in free federal nutrition programs, such as WIC, Summer Meals, Farmers Market Vouchers, FoodShare (SNAP) and many others.
- Wash ALL fruits and vegetables thoroughly with cold water for 1 minute or until all dirt and dust is removed.
- When preparing food, always wash and cook with safe water.

Visit [GetWellFed.org](https://www.getwellfed.org) for more information.

Well Fed Means Less Lead | [GetWellFed.org](https://www.getwellfed.org) | **THE NUTRITION & LEAD TASK FORCE**