

CENTRAL REGION LEAD POISONING PREVENTION COALITION

HUNTERDON COUNTY

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MERCER COUNTY

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MIDDLESEX COUNTY

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MONMOUTH COUNTY

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OCEAN COUNTY

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SOMERSET COUNTY

Funding for this project was provided by the New Jersey Department of Health through a grant to the Monmouth County Health Department.

LEAD! IT'S NOT JUST IN PAINT!



WHAT YOU NEED TO KNOW

CENTRAL REGION LEAD
POISONING PREVENTION
COALITION

WHAT IS LEAD?

Lead is a naturally occurring metal in our environment. It has been used for centuries in many industrial processes. The most common source of lead in New Jersey is paint that was used on the interior and exterior surfaces (such as porches, windows, and doors) of homes built before 1978.

WHERE IS LEAD?

- home
- daycare / school
- grandparent's home
- playground
- toy box
- jewelry box
- medicine cabinet
- food
- water

WHO IS AFFECTED?

Lead poisoning is a serious threat to children.

Know that a child with lead poisoning may not look or act sick. Signs of lead poisoning are NOT ALWAYS OBVIOUS.

If symptoms occur, they may be mistaken for the flu or other illnesses. Some symptoms of lead poisoning may include:

- stomachache and cramps
- crankiness
- tiredness
- frequent vomiting
- constipation
- headache
- pale skin (due to anemia)
- poor appetite

HOW LEAD AFFECTS CHILDREN



PROTECTING YOU AND YOUR CHILD

Be aware that lead is found in various places:

COSMETICS



Kohl, kajal and surma are eye cosmetics used by women and children from India, Pakistan, Bangladesh and Middle Eastern countries. They contain high levels of lead and are banned for sale in U.S.

Children are at special risk because they may put their hands in their mouth after touching these cosmetics. Some lead may be absorbed through the eyes.

Sindoor, a red powder used by married Hindu women and some Sikh women, also contain high levels of lead. It should never be used in food.

HEALTH REMEDIES



High levels of lead have been found in herbal medicines from the Middle East, Latin America, China, and India. It can be difficult to tell the difference between safe and dangerous products. A product may contain lead even if it is not listed as an ingredient on the label. (Emperor's Tea Pill, Hepatico Extract, Jambrulin, Lakshmilash Ras (Nardiya), Litargiro, Maha Sudarshan)

POTTERY



High levels of lead have been found in glazes and paints used to decorate pottery from Latin American and Asian countries.

Avoid cooking, storing, or serving food in pottery from these countries.

CANDIES



Most Mexican candies and snack products are safe to eat; however, some contain lead, especially certain products flavored with chili power.

Lead has also been found in the inks used in some tamarind candies sold in clay pots. The lead in the wrappers or the clay pots can get into the candies

JEWELRY AND TOYS



Lead has been found in the paint, metal and plastic parts of jewelry, toys, vinyl lunch boxes, and other imported products for children. Many of these products come from China.

Younger children who put their hands and toys in their mouth are at greater risk.

ASK ABOUT LEAD SCREENING FOR YOUR CHILD

- Simple blood test is the only way to know a child has lead poisoning
- New Jersey law requires that all children be tested at ages 1 and 2 years



- Every child in New Jersey is at-risk for lead poisoning

TAKE STEPS TO KEEP YOUR CHILD SAFE FROM LEAD. YOU CAN HELP PREVENT LEAD POISONING.

DON'T PUT IT OFF! ASK IF YOUR CHILD NEEDS TESTING. GET FOLLOW UP SCREENINGS AS RECOMMENDED.