

PREVENTION REQUIRES COMMUNITY ACTION TO PROTECT CHILDREN AND PETS FROM LEAD-DUST

CHILDREN AND PETS REQUIRE LEAD SAFE PLAY AREAS TO PREVENT LEAD EXPOSURE

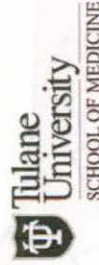
All children and pets are at risk. At highest risk are infants and toddlers under three years who:

- Live in the inner city
- Live in areas of high automobile traffic
- Live in or near homes where dry-sanding is being done or has been done in the past
- Live in typical old homes of New Orleans
- Pick at or eat falling plaster or peeling paint
- Suck or mouth dusty hands and toys
- Play or dig in bare dirt in an old community
- And children who:
- Chew on woodwork or cribs and toys
- Play with pets that have dirty coats
- Play in or chew on window sills and ledges
- Put dirty fingers or toys in their mouth
- Don't wash hands thoroughly before eating

CHILDREN REQUIRE GOOD NUTRITION



- Feeding your child a diet that meets Required Daily Amounts (RDA) of calcium and iron and not high in animal fat reduces the uptake of lead.
- Foods such as lean meats, chicken, fish, raisins, eggs, and iron-fortified cereals are good sources of iron. Foods such as milk, yogurt, and cottage cheese are good sources of calcium.



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PARENTS CAN REDUCE LEAD-DUST IN PLAY AREAS

Outdoors

- Create a sandpit or bring in clean soil to make a lead safe play area. To keep animals out cover the sandpit when it is not in use.
- Low lead soil is obtained outside of the city.
- Do not allow children to play in bare soil.
- Insist that children play on grassed or paved areas and not in bare soil next to houses.
- Keep your yard as clean as possible.
- Hose down paved areas.
- Clean toys after use outside.
- Practice good hygiene—wash hands well before eating and after playing outside.
- Keep pets and children from digging in soil unless tested and demonstrated lead-safe.



Indoors

- Remove shoes upon entering the house to eliminate tracking of soil and lead-dust into the house.
- Clean play area often. Don't sweep. Damp mop with mild detergent; rinse thoroughly.
- Always use a vacuum with a high efficiency filtration; now available at most stores.
- Use a damp cloth for dusting.
- Wash and rinse windowsills and baseboards weekly with dish detergent.
- Keep painted surfaces in good condition.
- Place heavy furniture in front of windows to keep kids away from sills.
- Cover window ledges and exposed paint with duct tape. The tape can be painted.

POWER SANDING ENDANGERS PETS AND CHILDREN



- **Paint removal is extremely hazardous!** Assume that all old paint contains lead. It is illegal to remove lead-based paint by power sanding or burning. Power sanding contaminates play spaces on the homes outside and inside.
- Congress cut funds for lead prevention and now citizens must initiate their own actions to prevent lead-dust.
- Painters may fail to protect families by not following EPA or New Orleans guidelines.
- It is better to cover lead-based paint with wallpaper, sheet rock or paneling or an encapsulating paint than removing it. Seal the lead paint and old wood floors (lead was in varnish) to create cleanable surfaces.
- During renovation children should not live at home. Arrange care with relatives or friends.
- Conduct meticulous cleanup to remove dust after all work is complete including washing floors to remove lead-dust.
- Exterior failing paint removal by scraping, collection, and household trash disposal of loose paint chips is safer than sanding.
- Encapsulating paint or new siding prevents dust from exterior lead-based paints.



STRIVE TO CHANGE THE LEAD MAP OF NEW ORLEANS

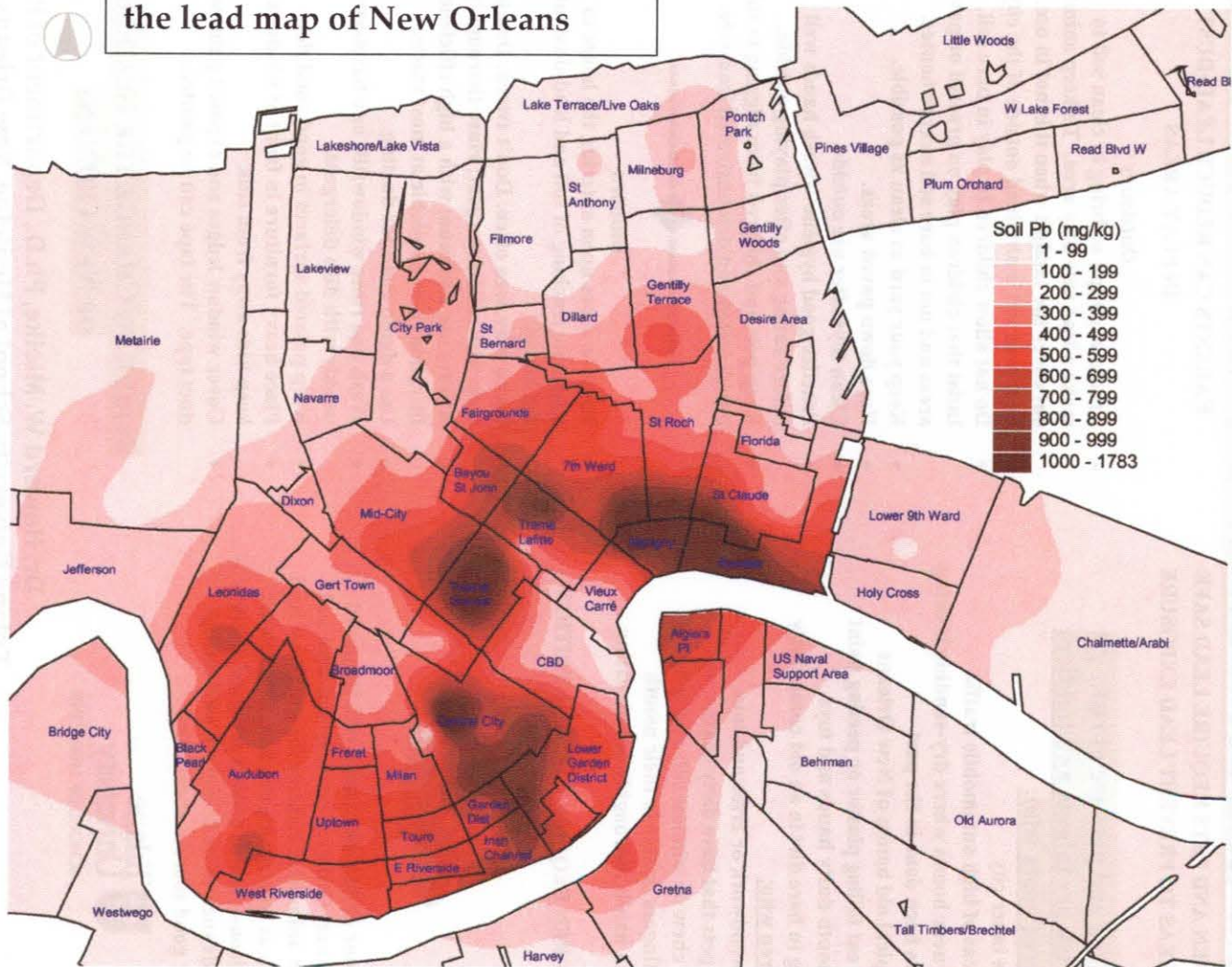
Low exposure to lead is linked to many expensive medical issues including:

- Irreversible fetal brain damage
- Learning disabilities ($>2 \mu\text{g}/\text{dL}$)
- Hearing problems
- Violence
- Alzheimer's disease
- Schizophrenia in the era of leaded gas (Oakland study)
- Hypertension
- All cause and cardiovascular mortality at $\geq 2 \mu\text{g}/\text{dL}$
- Increased cataracts
- Chronic kidney disease & dialysis
- Diabetes (2004 Environ Health Perspect 112:1178-82)
- Impaired bone synthesis & Osteoporosis

Reference: U.S. DHHS NTP, 2012, Monograph on the health effects of low-level lead

There is no known safe level of lead exposure and children under 3 are at especially high risk!

Nighborhoods superimposed on the lead map of New Orleans



2001 Mielke HW, Gonzales CR, Powell ET