

The Medical-Legal Partnership for Children | Miami Valley

WORKING TOGETHER FOR CHILDREN'S HEALTH

The MLPC is a partnership among: Advocates for Basic Legal Equality, Inc. (ABLE), Legal Aid of Western Ohio, Inc. (LAWO), Dayton Children's Hospital, Five Rivers Health Centers, and the Community Health Centers of Greater Dayton.

HEALTHY HOMES – LEAD POISONING

What is Lead Poisoning? Lead poisoning is a medical condition caused by increased levels of the metal lead in the blood. The majority of lead poisoning occurs in children under the age of twelve. The main sources of lead poisoning are ingestion of lead dust or chips from deteriorating lead-based paints or from ingestion of lead contaminated soil.

Signs and Symptoms:

- » Behavioral Problems
- » Difficulty Concentrating
- » Weight Loss
- » Headaches and/or Fatigue
- » Joint Pain and/or Muscle Weakness
- » Seizures
- » Coma
- » SOMETIMES THERE ARE NO SIGNS OR SYMPTOMS

Long Term Damage:

- » Reduced IQ
- » Learning Disabilities
- » Behavioral Problems
- » Stunted Growth
- » Impaired Hearing
- » Kidney/Liver Failure
- » Brain Damage
- » Premature Birth and Low Birth Weight

Steps Parents Can Take:

Have Your Child Tested: Ask your pediatrician or call Public Health—Dayton and Montgomery County at (937) 225-5553 for a free blood lead level test.

Provide a Healthy Diet: Have your child eat four to six small meals per day. Children with empty stomachs absorb more lead than children with full stomachs. Feed your child a diet rich in iron, calcium, zinc, and protein.

- » Iron rich foods: red meat; fish; chicken; beans; spinach; dried fruits
- » Calcium rich foods: milk; yogurt; cheese; green, leafy vegetables
- » Zinc rich foods: red meat; chicken; turkey; dairy products

Inspect and Clean Your Home: Look for paint dust and flakes on and around window sills, walls, and trim. Use a wet mop and rags with an all-purpose cleaner to wipe down floors, window sills, and other surfaces weekly. Have your tap water and the soil around your home tested for lead.

Wash Hands: Children are most often exposed to lead through the dust and dirt on their hands. Have them wash their hands several times during the day, especially before meals. Wash their toys, pacifiers, and other play things regularly.

Renovations: Contact a certified lead removal contractor.



Any legal information provided in this publication is the sole responsibility of ABLE. This publication is intended only as general information and should not be relied on as specific legal advice for any individual case or circumstances. **For legal advice applicable to your individual situation, please ask your medical provider for a referral to the MLPC, contact Legal Aid Line at 1-888-534-1432, or consult with an attorney of your choice.**

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