



LEAD POISONING

Over the past several years we have learned that, even at very low levels, lead can cause harm to children. Children who are exposed to lead are more likely to have attention and behavior problems and have trouble learning. Unfortunately, the harm caused by lead is permanent. Paint in older homes often contains lead. When that paint peels off or becomes a dust, children can easily become exposed to it. Young children 1 to 3 years of age are at particular risk because they put lots of things in their mouths.

Prevention of lead poisoning is very important. In order to prevent lead poisoning, parents should make sure to wash their children's hands frequently with soap and water. Toys should also be washed regularly. Floors, window sills and window wells should be cleaned often. If your home has peeling or chipping paint or you suspect that there may be lead hazards in your home, you can arrange for a free home inspection by calling:

- City of Rochester Lead Program: 428-LEAD (5323) if you live in the City of Rochester
- ABC Lead Resource Center: 325-5116 x4555 if you live elsewhere in Monroe County

Diet can also be important in lowering your child's risk of developing lead poisoning. Make sure that your child's diet contains plenty of foods that are high in iron and calcium.

Finally, it is very important to have your child's blood tested for lead since that is the only way to find out how much lead your child has been exposed to. We routinely test all of our patients for lead at 12, 18 and 24 months of age as well as at other ages if there is an indication that a child has been exposed to lead. Please tell us if there is peeling or chipping paint or you suspect any other lead hazard in your home no matter what your child's age is. Please also be aware that while some WIC offices do a blood test to check for anemia, WIC does not check your child's blood for lead and does not report the anemia test result to us. Therefore, we will need to order a blood test for your child at 12, 18 and 24 months of age even if it was done at WIC.

Is Your Child Properly Buckled?



Do you know the proper height and weight requirements for your child safety seat?

Rear-facing infant seat	Birth until at least 20 lbs AND at least one year old
Forward-facing toddler seat	From age one and 20 lbs until 4 yrs old and 40 lbs
Booster seat	From age four to at least age eight or until 4 ft 9 in tall
Seat belt	For everyone!

REMEMBER: All kids under 12 yrs should ride in the back seat!

September 12-18 is National Child Passenger Safety Week. Ask your provider for information on child safety seats and places you can go to have yours inspected. You can also visit the NHTSA website at www.nhtsa.dot.gov for lots more information and instructional videos.

If you have any questions whether your child is riding as safely as possible, please ask!