



My book of health

How to protect children from lead poisoning?



Hello! I am a monkey. My name is Jay. I like spending time outside and playing with my friends



**I never eat
sand and soil.
I know that it is
very dangerous!**

**I play on grass and in the sandbox only.
But not on the ground!**



**Hello!
I am a monkey.
My name is Jay.
And who are you?**

**I'm a ladybug.
Let's be friends!**

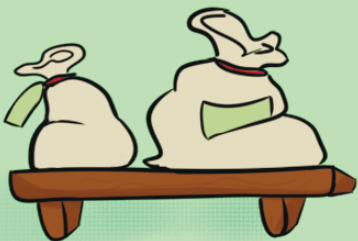
**I do not put my hands and
toys in my mouth when I am outside**



**Let's not play
next to the factory
and the railroad.
It is dirty there!**

**Let's play
on the grass!**

I do not play in dirty places!

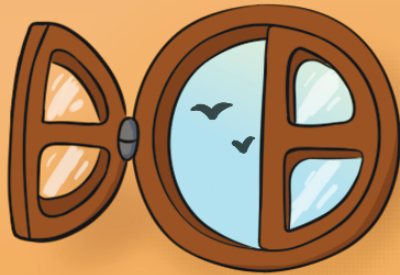


First, let's wash your hands with soap!

Wash fruits before eating!

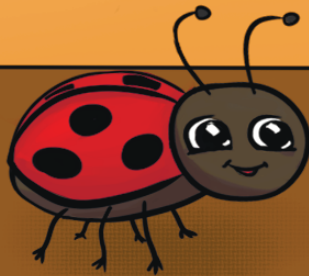


**I always wash my hands with soap
when I come home!
I always wash my hands before eating!**



Don't eat it!!!

**What is it?
I want to taste it!**



**I never put in my mouth anything
picked up from the floor or from the ground**



**Drink milk, it is
very healthy!**

And tasty!

**I drink a lot of milk, eat fruits and vegetables.
It is good for health!**



Bye, ladybug!

Bye, monkey!

**That is why I don't get sick and I can
play with my friends every day!**

Draw your favorite toys!



**Make sure you keep your
hands and toys clean!**



Information for parents



Lead compounds are toxic. Lead affects the nervous system, lungs and digestive organs, causes pathological changes in blood composition and anemia. Lead poisoning is far more dangerous for children than for adults. Even small doses of lead may cause decreased intelligence and learning disability, attention disorders, aggressiveness, hyperactivity and other behavioral problems.

How does lead enter the human body?

Lead enters the body from polluted air, soil, indoor and outdoor dust, and in some cases food. Poor personal hygiene contributes to increased exposure to lead.

What increases the risk of lead poisoning of children?

The risk factors include: smoking of adults, lack of calcium in food, playing with contaminated soil or sand, eating unwashed berries and fruits in lead-contaminated areas, dust in the house, access to surfaces painted with lead paint.

How can you reduce the risk of lead poisoning?

Improving personal and household hygiene decreases the risk of lead poisoning. Children should get plenty of food containing calcium. Children may not be allowed to play near industrial and other contaminated areas. Do not graze livestock or grow agricultural products in the immediate vicinity of a lead smelter.



PURE  EARTH