

LEAD POISONING – PREVENT TODAY FOR A HEALTHIER TOMORROW

What is lead?



Lead is a heavy metal with poisonous effects on the human body.

Where do you find lead?



BATTERIES



COSMETICS



METALLIC COOKWARE & CERAMIC FOOD WARES



SPICES



LOCAL PAINT



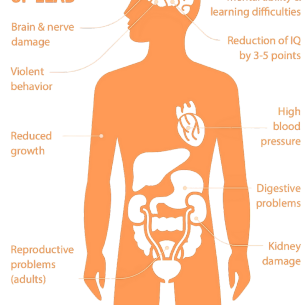
TOYS

Lead is found mainly in soils where local Car/Motorbike/Inverter Batteries are repaired or recycled without proper attention to safety protocols. It is also commonly seen in local paints, cosmetics, spices, toys, metallic cookware and ceramic food wares.

What health effect does lead exposure cause?

Lead exposure may cause:

TOXIC EFFECTS OF LEAD



- Memory loss, loss in coordination and poor speech development.
- Intelligence loss in children.
- Stomach pain, numbness, fatigue and weight loss
- Disability and may result in death at high doses

Children are most affected because:

- They have smaller bodies and exposures result in proportionally greater impact.
- Children tend to ingest more dirt because of their outdoor playing habits.
- Their neurological development is still in progress.

What are the main lead exposure routes?

1. Ingestion



- Eating without washing hands with soap after handling lead-contaminated soils.
- Children eating soil.
- Chewing fingernails, licking hands etc.
- Breathing in dust, then coughing up and swallowing it

2. Inhalation

- Very small particles reaches the lung & blood with inhalation



3. Skin Contact

- Contaminated dust on the body/skin may present a lead ingestion risk
- Lead dust may find its way on roots and leafy vegetables in the garden



What can you do to reduce exposure to reduce exposure to lead?

- Washing hands and face frequently, especially before eating and bedtime
- Keep your house clean and free of dust. Practice wet wiping when cleaning doors, walls, furniture and household appliances.
- For people exposed or working in lead-contaminated areas, remove and wash clothes upon home return. Keep work clothes separate from other clothes.
- Avoid walking barefoot other than in clean areas.
- Cover your yard with unpolluted clean soil and maintain the clean soil cover.
- Maintain grass cover wherever possible
- Clear drains to prevent flooding of lead-polluted water and soil.
- Wash vegetables thoroughly
- Eat a healthy diet, rich in Iron, calcium and vitamin C
- If parents suspect their children or they themselves have been exposed to lead, they should seek medical attention and specifically request blood lead level tests.

