



# COUNTY OF BERGEN

Dennis McNerney, *County Executive*  
and the

Bergen County Department of Health Services

Present

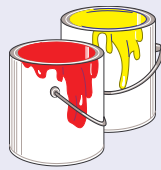


# LEARN ABOUT LEAD

## Get the Lead Out!

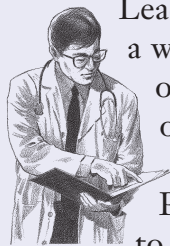


There are many different things that are dangerous for children to be near. Lead is one of these things. Lead is a poison that we cannot see, smell or taste. It hides in soil, dirt, water, paint, and even some types of foods and on toys, jewelry, and pottery.



Lead poisoning happens when a person breathes in or swallows lead. It can make you sick if too much gets into your body. Some children who have been poisoned by lead may experience stomach pains, sleep problems, and/or have trouble behaving and learning in school.

A simple blood test is the only sure way to learn if a child has been poisoned by lead.



Lead screening is a regular part of a well-child visit for 1 and 2 year olds and may be needed at other times if the child is at high risk of being poisoned.

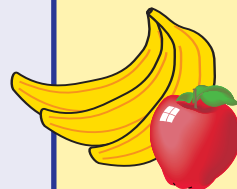
Parents/guardians need to talk to their child's health care provider to discuss the need for lead poisoning screening.

## Stay Safe From Lead

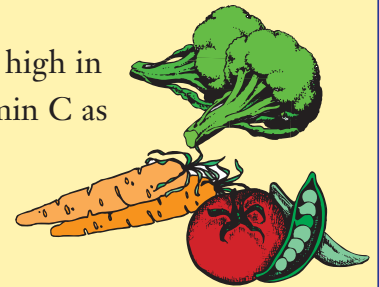


- Wash your hands with soap and water for 20 seconds after you and your children play and before eating and sleeping.

- Serve children a low-fat diet high in fiber, calcium, iron and vitamin C as



this diet will help the body absorb less lead.



- Don't serve fried or fatty foods very often.

- Don't cool or store food in imported ceramic, leaded crystal or open metal cans.

- Take shoes off and leave them at the door to prevent lead soil from entering the home.

- If you have a job or hobby that involves lead, remove your work clothes before entering the home.

- Wash toys and pacifiers regularly; discourage children from putting toys, pencils and crayons in their mouth.



- Never let children chew on window sills, door knobs or furniture.

- Control lead dust by wet mopping floors and wiping window frames, sills and other surfaces weekly.

- Be cautious of buying imported cosmetics, herbal remedies, food such as chapulines (grasshoppers), and toys as they may contain high levels of lead.

**LEARN MORE -  
VISIT...**

**[www.lead safenj.org](http://www.lead safenj.org)**

**CALL...**

**1-800-370-LEAD**



Answer: Did you circle every item? If not, you should have!  
 Every one of the pictured items may contain lead.

**COUNTY OF BERGEN**

**Dennis McNerney, County Executive**

**Board of Chosen Freeholders**

Tomas J. Padilla, *Chairman*

Elizabeth Calabrese, *Vice Chairwoman*

James M. Carroll • David L. Ganz

Bernadette McPherson

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**Bergen County Department of Health Services**

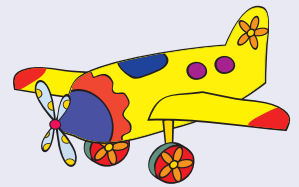
**Office of Health Promotion**

**201-634-2600 • www.bergenhealth.org**

*Questions or comments on this newsletter*

*contact the Editor at*

**healthdept@co.bergen.nj.us.**

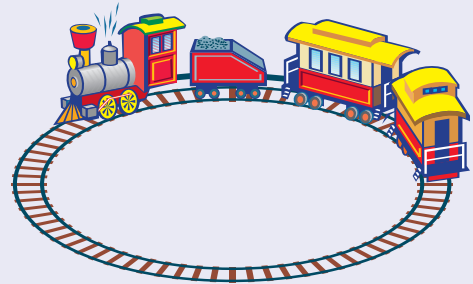


**RECALLS**



The news has been filled with the names of products, such as toys and jewelry, that have been recalled, or taken off the market, because they may pose a risk of causing lead poisoning in children.

The list of recalled items seems to grow every day. To view the list of products that have been recalled, regularly visit the **US Consumer Product Safety Commission** at [www.cpsc.gov](http://www.cpsc.gov) or call 1-800-638-2772.



**Lead Safe Home**



Many homes built before 1978 have lead-based paint. If you are planning to renovate a home that was built before 1978, special precautions need to be taken to minimize the risk of poisoning the home's residents. If you hire a contractor, be sure that he has been trained in lead safe work practices. Financial assistance is available to help residential property owners address lead-based paint hazards. Call **New Jersey's Department of Community Affairs Hotline** at 1-877-DCA-LEAD to learn more.