Prescriptions for Prevention

Postnatal Lead Exposure

Delaware County

Most children do not show immediate signs of being exposed to lead. A blood lead test is the only way to confirm exposure. **Ensure your children are tested at their 1 and 2 year old doctor's appointments.**

Did you know?

There is no safe amount of lead in your body.

Action Plan

Exposure to lead is entirely preventable!

- Lead exposure can occur among people who live in homes built before 1978. For more information on lead in **homes**, click here or scan this QR code.
- Lead in **soil** can be a serious health hazard, especially for young children and pregnant women. Learn to reduce your exposure
- Certain **food items** like spices and **cosmetics** that are imported from other countries may have lead. View the CDC list of common contaminated items.
- Plan ahead by finding an Eco-Healthy Childcare Certified **daycare center**. Certified centers have to be lead safe. Find a provider near you.
- Lead may be found in the paint, metal, and plastic parts of some **toys and toy jewelry**. Check the CSPC website for potential toy recalls. Be cautious of letting your child play with or chew on toys that may contain lead such as:
  - Toys that have been passed down
  - Antique toys and collectibles
  - Toys imported from other countries
  - Toys from discount stores
- You can sign up to receive alerts for recalls on FDA regulated products such as food items and infant formula. If a product is found to be contaminated with lead, it will be posted on this website.

For more resources, visit **prcceh.upenn.edu**

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
NIEHS Grant: P2CES033428
Children's Hospital of Philadelphia

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Your Lead Safe Checklist

- [ ] Check to ensure there are no lead risks in your home. Click here or scan:
- [ ] Regularly wash children's toys and hands.
- [ ] Wear gloves and wash your hands when working with soil. Don't allow children to play in bare soil.
- [ ] Ensure your child's daycare center is certified as lead safe by using agencies that are Eco-Healthy Childcare certified
- [ ] Spices, candies and traditional medicines sourced from other countries may contain lead. The only way to tell if an item has lead in it is through laboratory testing. It is best to avoid consuming or using these products.
- [ ] For more tips on living safely with lead, view Clean Water Action's pamphlet on 7 simple things you can do today to avoid lead exposure.
- [ ] If your child **tests positive for lead**, follow the steps outlined on the Lead Free Promise Project's website:

If you or your child answer YES to any of these questions, you should talk to your healthcare provider about lead.

- Have you recently moved to the U.S. from a different country?
- Do you or someone in your home work with paint, ceramics, jewelry, stained glass, guns, or lead?
- Do you or someone in your home work in construction, renovation, cleaning of residential or commercial buildings, or recycling of metals or batteries?
- Have you ever eaten non-food items like paint chips, clay, soil or pottery?

Questions? Contact us at 215-573-9076 or prcceh@pennmedicine.upenn.edu

Created in partnership with: children FIRST THE ADVOCATE FOR KIDS FORMERLY PCCY; THE FOUNDATION FOR DELAWARE COUNTY; GTLO Get the Lead OUT Riverwards Philadelphia

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