

Test Your Child for Lead Exposure

New Jersey's testing law states all children should be tested at both 1 and 2 years of age and any child less than 6 years of age who has never previously been tested. Getting a blood test that measures the amount of lead in a child's body is the only way to know if poisoning has occurred.

Pregnant women are also at a high risk for lead poisoning because any lead that they are exposed to transfers directly to the unborn baby. Pregnant mothers who think they have been exposed to lead should consider getting tested.

To have your child tested, call your child's physician. They may provide a prescription to take your child to a laboratory.

If you do not have a family physician, you can take your child to one of the following locations:
(Call ahead to discuss insurance or age limits.)

Gloucester County Health Department

204 E. Holly Avenue, Sewell, NJ 08080

Phone: (856) 218-4101

Website: <http://www.gloucestercountynj.gov/depts/h/hedss/>

CAMcare Health Corporation

1315 N. Delaware Street, Paulsboro, NJ 08066

Phone: (856) 583-2400

Website: <https://www.camcare.net/>

CompleteCare Health Network

715 Delsea Drive, Glassboro, NJ 08028

Phone: (856) 863-5720

Website: <https://www.completecarenj.org/>

**For more information, contact Lead and Healthy Homes
1-888-722-2903**



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Childhood Lead Poisoning

Even at low levels, lead can cause irreversible damage to hearing, growth, and development.

 Children can get lead poisoning by breathing in or swallowing dust that contains lead.

Sources of Lead

Identify and remove sources of lead from your home.



Home

Lead can be in paint in old homes built before 1978.

- Chipped paint
- Old furniture and toys
- Dirt
- Play or costume jewelry
- Pewter
- Crystal glassware



Imported Goods

Items brought back from other countries may contain lead.

- Glazed pottery
- Asian, Hispanic, Indian spices
- Mexican candy (tamarindo and chili)



Home Remedies

Some home remedies may contain lead. These remedies are typically red or orange powders.

- Traditional and folk remedies (Greta, Azarcón, Pay-loo-ah)



Beauty Products

Imported beauty products from Asia, India, and Africa may contain lead.

- Sindoor, Khol, Kajal, Surma



Jobs

Jobs such as car repair, mining, construction, and plumbing may increase your exposure to lead. Lead dust can be brought into the home on your skin, clothes, shoes, or other items you bring home from work.

- Car batteries
- Scrap metal/parts
- Ammunition



Hobbies

Certain hobbies increase your risk of coming in contact with lead.

- Hunting (lead bullets)
- Fishing (lead sinkers)
- Artist paints
- Refinished furniture



Travel

Traveling outside the U.S. may increase your risk of coming in contact with lead-based items.

- Souvenirs
- Toys
- Spices or food
- Jewelry

Cleaning

Keep lead dirt and dust out of your home with these helpful tips.



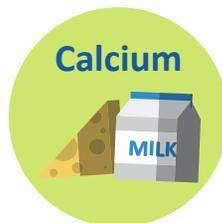
Avoid:
Sweeping
Dry dusting
Beating rugs

Nutrition

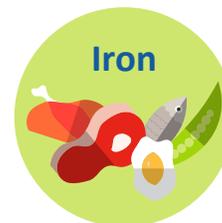
These foods can help lower your child's lead level.



- Tomatoes
- Strawberries
- Oranges
- Potatoes



- Milk
- Cheese
- Yogurt



- Chicken
- Steak
- Fish
- Peas
- Eggs