

Your Lead Action Check List

-There Is No Prevention Without Action-

- Get your child tested , tell your family and friends to get their children tested
- Look for hazards in your home
- Safely treat the hazards in your home. Learn safe hazard control methods
- Feed your child foods high in calcium, iron, vitamin C, zinc, and fiber
- Find out if any of the toys, clothes, jewelry, or dinnerware you have contain lead
- Call CCOAL to register for the next Lead Poisoning Prevention Class (see right)

If Your Child Has Been Poisoned

- Get the number
- Find and stop the source of exposure
- Get your child assessed for possible damage



Your Next Steps

There is no way that you can learn all you need to know from a pamphlet. CCOAL holds monthly Lead Poisoning Prevention Classes (2 hrs). These classes give you the information and tools to stop or prevent lead poisoning. Call to register for the next class.

We will also come to your group or business and train your staff , clients, and members.

**CALL CCOAL at
216-696-1882**

*Classes are offered in partnership with
Lutheran Metropolitan Ministry*



Concerned Citizens Organized Against Lead—CCOAL is a child/family advocacy organization dedicated to eliminating childhood lead poisoning. CCOAL is operated by families of lead exposed children and concerned community members. End the problem. Become part of the solution. Join CCOAL!

CCOAL

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HEALTH ALERT

Lead Poisoning

Still At
Epidemic Levels



There Is No Safe Level Of Lead In The Body—Even low levels can cause damage

What Is Lead Poisoning?

- When children breathe in or swallow lead they can get poisoned
- Lead gets into every part of the body, including the brain
- There is no safe level of lead in a child's body
- The younger the child, the more the damage
- Pregnant Moms can pass lead onto their unborn babies
- People who work around lead can bring it home

How Do Children Get It?

Breathing in or swallowing lead from:

- Old Chipping and peeling paint which creates lead dust—think windows, doors, woodwork
- Lead dust that has settled on floors, blankets, bottles, toys, etc...
- The soil in your or your neighbor's yard
- Remodeling or home repair projects
- Your porch and outside toys
- Many imported toys and jewelry
- Tap or bath water, imported art supplies, imported ceramics, handed-down baby furniture, garden hoses, etc.



The windows in your home can be dangerous

Is It Still A Problem?

Where Do you live?

If you live in a home built before 1978, your family is still at risk. Even though national rates of lead poisoning have dropped, it is still at epidemic levels in Cuyahoga County!

- **IN 2004, OVER 7,900 CHILDREN IN CUYAHOGA COUNTY HAD LEAD LEVELS HIGH ENOUGH TO CAUSE DAMAGE** (lead levels 5mcg/dl and above)
- Cuyahoga County has the highest rates of lead poisoning in Ohio
- Cleveland has the highest rates of lead poisoning in the United States
- Nearly half of the children living in Cleveland and East Cleveland have harmful levels of lead
- 1 out of 5 children in Lakewood have harmful levels of lead
- 1 out of 10 children in Cuyahoga Inner-Ring suburbs have harmful levels of lead

Why Is It So Dangerous?

Damage from lead can last a lifetime. Once exposed to lead, children can suffer from:

- Aggressive or Violent Behavior
- Brain Damage (lowered IQ scores, learning disabilities)
- Problems paying attention (ADHD)
- Seeing and Hearing problems
- Bone, joint, kidney, blood problems (anemia, high blood pressure)
- Reproductive problems
- Trouble holding a job, involved in crime, dropping out of school

How Do I know If ...?

My Child Is Poisoned?

Lead Poisoning can look like a lot of things. The **ONLY WAY** to know is **TO GET YOUR CHILD TESTED**. Here are some common symptoms:

- Angry or violent behavior
- Tired a lot
- Hyper or excited, impatient
- Can't pay attention well
- Problems sleeping
- Clumsy or unstable, falls a lot
- Forgot things they learned
- Won't eat much
- Forget things easily
- Anemic (low iron)
- Act like they can't hear you or won't listen
- Stomach aches, flu symptoms
- Not meeting developmental milestones



If My House Has A Problem?

You might have a lead problem if:

- Your house was built before 1978 and you have chipping and peeling paint
- Your child visits, attends day care, or goes to school at a place built before 1978
- You have bare soil in your yard
- You have older soldered plumbing
- You have bought and use contaminated products