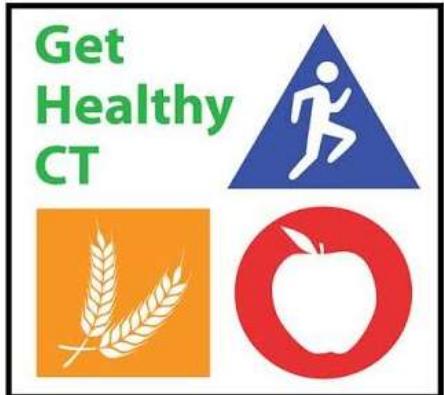


# Lead Poisoning Prevention



February 2018  
Look inside for...

- The AHA Recommendations for Physical Activity in Children
- Lead Poisoning Prevention (English/Spanish)
- Lead Exposure: Steps to Protect Your Family (English/Spanish)
- Seven Facts About Lead-Based Paint and Lead Dust
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- Childhood Lead Poisoning: A Resource for Child Day Care Providers
- Monthly Recipe: Fresh Veggies and Dip (English/Spanish)



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how to lead a healthier  
lifestyle, visit our website  
[GetHealthyCT.org](http://GetHealthyCT.org)



# The AHA's Recommendations for Physical Activity in Children

Updated: Oct 18, 2016



**Physical inactivity is a major risk factor for developing coronary artery disease. It also increases the risk of stroke and such other major cardiovascular risk factors as obesity, high blood pressure, low HDL ("good") cholesterol and diabetes. The American Heart Association recommends that children and adolescents participate in at least 60 minutes of moderate to vigorous physical activity every day.**

## Why is exercise or physical activity important for my child?

Just like in adults, increased physical activity has been associated with an increased life expectancy and decreased risk of cardiovascular disease. Physical activity produces overall physical, psychological and social benefits. **Inactive children are likely to become inactive adults.**

## Physical activity helps with:

- ✓ controlling weight
- ✓ reducing blood pressure
- ✓ raising HDL ("good") cholesterol
- ✓ reducing the risk of diabetes and some kinds of cancer
- ✓ improved psychological well-being, including gaining more self-confidence and higher self-esteem

## How do I promote physical activity in my child?

- Physical activity should be increased by reducing sedentary time (e.g., watching television, playing computer video games or talking on the phone).
- Physical activity should be fun for children and adolescents.
- Parents should try to be role models for active lifestyles and provide children with opportunities for increased physical activity.

## What if my child is uncoordinated or overweight?

All children, even less-coordinated ones, need to be physically active. Activity may be particularly helpful for the physical and psychological well-being of children with a weight problem.

### AHA Recommendation

All children age 2 and older should:

- Participate in at least 60 minutes of enjoyable, moderate-intensity physical activities every day that are developmentally appropriate and varied.
- If your child or children don't have a full 60-minute activity break each day, try to provide at least two 30-minute periods or four 15-minute periods in which they can engage in vigorous activities appropriate to their age, gender and stage of physical and emotional development.

# FACT SHEET



# Lead Poisoning Prevention

## Where is Lead Found?

- **Paint:** Lead can be found in paint that was made before 1978. This paint can be on any painted surface in your home, like doors, windows, and porches.
- **Dust:** Lead dust in the home comes from lead painted surfaces that are chipping and peeling. Sanding and scraping old paint when repainting or remodeling can also cause a lead dust problem.
- **Soil:** Old paint that has fallen off the outside of your house onto the ground may have left lead in the soil.
- Lead can also be found in ceramic dishes, crystal, food cans from outside the U.S., water pipes, solder and fittings, and some ethnic cosmetics and home remedies.
- Some jobs and hobbies can expose children and adults to lead. Some examples are painters, house remodelers, plumbers, mechanics, bridge workers, making jewelry, ceramic/pottery or stained glass, and going to indoor firing ranges.

## Is Your Child At Risk For Lead Poisoning?

If you answer yes to any of these questions you may want to have your child tested, even if your child is older.

- Does your child live in or often visit a building built before 1960?
- Does your child live in or often visit a building built before 1978 that is being or was just repaired or remodeled?
- Does your child live in or often visit a building that has peeling or chipping paint?
- Does your child live with an adult or often visit an adult whose job or hobby exposes them to lead?
- Does your family eat or drink from dishes made outside the U.S.?
- Does your family use home remedies?

## How does a child get lead poisoned?

- Lead poisoning usually happens when children ingest (eat) dust that has lead in it. Children may also eat chips of lead paint or soil that has lead in it.

## What Does Lead Do to the Body?

- No amount of lead in the body is safe. The damage lead can cause is forever! Lead can damage the brain. It can cause growth problems, hearing loss, and learning problems.
- Many children do not show signs of lead poisoning. Some signs of high levels of lead poisoning are the same as other childhood illnesses, like the common cold or teething.

## **What Does Lead Do to the Body? (continued)**

- If a pregnant woman is around lead, she and her unborn child may become lead poisoned. Lead can cause lasting damage to the mother and her baby.
- 

## **How Can You Reduce The Risk?**

Replace, fix or manage all lead hazards in a lead safe way.

### **Steps you can take to prevent children from being lead poisoned:**

- Keep children and pregnant women away from all lead hazards.
- Clean up lead dust and paint chips by wet wiping window sills and window wells and wet mopping floors. Do NOT dry sweep or vacuum, this will spread the lead dust.
- Block places with peeling or chipping paint. Do not use windows that have chipping paint.
- Move your child's bedroom or play area to a room that has no peeling or chipping paint.
- Place washable mats inside and outside entry doors.
- Have people remove their shoes before coming in the home.
- Do not let your child (or pet) play in dirt.
- Wash and dry your child's hands, toys and pacifiers often. Wash and dry your child's hands before playing, eating, and bedtime.
- Use cold water from the tap for drinking, cooking and making formula. Let water run for 1-2 minutes before using.
- Give your child healthy meals and snacks to eat. An empty stomach takes in lead faster than a full stomach.

### **Steps adults can take to help prevent themselves or children from becoming lead poisoned from their job or hobby:**

- Don't eat, drink or smoke in your work/hobby area.
  - Wash your hands and face before eating, smoking or drinking.
  - Wear protective clothing (such as disposable gloves, hat, and shoe covers) when you work with lead. Use a NIOSH-approved respirator.
  - Shower, wash your hair, and change into clean clothes and shoes before you leave the work area. Leaving dust on your clothes can contaminate your home and car.
  - Put your work clothes and shoes in sealed plastic bags.
  - Wash work clothes in a different load than the family's laundry.
- 

## **Does your child need to be tested for lead poisoning?**

- Yes, all children, at about ages one and two, must be tested for lead poisoning...it's the law!
  - Blood tests will tell how much lead is in your child's blood at the time of the test. If the level is high, your child will need more testing.
  - If your child is at risk at other ages, have your child tested at those times too.
- 

### **Connecticut Lead and Healthy Homes Program**

**(860) 509-7299**

**[www.ct.gov/dph/lead](http://www.ct.gov/dph/lead)**

**[www.ct.gov/dph/healthyhomes](http://www.ct.gov/dph/healthyhomes)**





# HOJA INFORMATIVA

## Prevención de envenenamiento por plomo

### ¿Dónde se encuentra el plomo?

- **Pinturas:** es posible hallar plomo en las pinturas fabricadas antes de 1978. Estas pinturas pueden encontrarse en cualquier superficie pintada de su hogar, como puertas, ventanas y porches.
- **Polvo:** el polvo con plomo en el hogar proviene de las superficies pintadas con pinturas a base de plomo que se están desprendiendo y descascarando. El lijado y rasqueteo de la pintura vieja cuando se vuelve a pintar o remodelar un lugar también pueden generar un problema con el polvo que contiene plomo.
- **Tierra:** la pintura vieja que se ha desprendido de la parte exterior de la casa sobre el suelo puede haber dejado residuos de plomo en la tierra.
- El plomo también se halla en los platos hechos de cerámica, los cristales, las latas de alimentos de países extranjeros, las cañerías del agua, las soldaduras y accesorios, en ciertos productos cosméticos para pieles de distintos orígenes étnicos y en los remedios caseros.
- Ciertos empleos y hobbies pueden exponer a los niños y adultos al plomo. Entre los ejemplos se encuentran los pintores, los remodeladores, los plomeros, los mecánicos, las personas que trabajan en puentes, en la fabricación de joyas, cerámicas, alfarería o vitrales y quienes ingresan a polígonos de tiro bajo techo.

### ¿Su hijo corre riesgo de envenenarse con plomo?

Si responde afirmativamente a cualquiera de las siguientes preguntas, tal vez desee someter a su hijo a un análisis, aunque ya sea mayor.

- ¿Su hijo vive o visita con frecuencia un edificio construido antes de 1960?
- ¿Su hijo vive o visita con frecuencia un edificio construido antes de 1978 que está en proceso de reparación o remodelación o que ha sido reparado o remodelado recientemente?
- ¿Su hijo vive o visita con frecuencia un edificio cuya pintura se está desprendiendo o descascarando?
- ¿Su hijo vive con un adulto o visita con frecuencia a un adulto cuyo trabajo o hobby lo expone al plomo?
- ¿Su familia come o bebe utilizando platos o vasos fabricados fuera de los EE. UU.?
- ¿Su familia utiliza remedios caseros?

### ¿Cómo se envenena por plomo un niño?

- El envenenamiento por plomo suele ocurrir cuando los niños ingieren polvo que contiene plomo. Los niños también pueden comerse restos de pintura o tierra con plomo.

### ¿Qué provoca el plomo en el cuerpo?

- Ninguna cantidad de plomo en el cuerpo es segura. ¡El daño provocado por el plomo es para siempre! El plomo puede dañar el cerebro. Puede causar problemas de crecimiento, pérdida de audición y trastornos de aprendizaje.
- Muchos niños no exhiben signos de envenenamiento por plomo. Algunos signos de niveles altos de envenenamiento por plomo son los mismos que en otras afecciones infantiles, como el resfriado común o la dentición.

## **¿Qué provoca el plomo en el cuerpo? (cont.)**

- Si una mujer embarazada se encuentra en un ambiente donde hay plomo, ella y el bebé por nacer pueden envenenarse por plomo. El plomo puede causar un daño prolongado a la madre y al bebé.

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## **¿Cómo se puede reducir el riesgo?**

Reemplace, arregle o gestione todos los peligros relacionados con el plomo en forma segura.

### **Pasos a seguir para evitar que los niños se envenenen por plomo:**

- Mantener a los niños y a las mujeres embarazadas alejadas de todo peligro relacionado con el plomo.
- Limpiar el polvo con plomo y la pintura desprendida en los alfizares y huecos de las ventanas con un paño húmedo o limpiar los pisos con agua. NO limpiar en seco ni usar una aspiradora, ya que esto puede esparcir el polvo que contiene plomo.
- Bloquear los lugares donde hay pintura desprendida o descascarada. No usar ventanas con pintura desprendida.
- Trasladar la habitación o el área de juegos de los niños a un espacio donde no haya pintura desprendida o descascarada.
- Colocar felpudos lavables dentro y fuera de las puertas de entrada.
- Hacer que las personas se quiten los zapatos antes de ingresar a la casa.
- No permitir que los niños (o mascotas) jueguen con tierra.
- Lavar y secar las manos, los juguetes y chupetes de los niños a menudo. Lavar y secar las manos de los niños antes de jugar, de comer y al acostarse.
- Usar agua fría de la canilla para beber, cocinar y preparar la leche de fórmula. Dejar correr el agua entre 1 y 2 minutos antes de usarla.
- Ofrecer a los niños comidas y bocadillos sanos. Si una persona tiene el estómago vacío, el plomo se absorbe con más rapidez que con el estómago lleno.

### **Pasos que los adultos pueden seguir para ayudar a evitar que ellos o niños se envenenen por plomo debido a su trabajo o hobby:**

- No comer, beber ni fumar en su lugar de trabajo o hobby.
- Lavarse las manos y el rostro antes de comer, fumar o beber.
- Usar vestimenta de protección (como guantes descartables, gorra y fundas para zapatos) al trabajar con plomo. Usar un espirador aprobado por el Instituto Nacional de Salud y Seguridad Ocupacional (NIOSH).
- Ducharse, lavarse el cabello y colocarse ropa y zapatos limpios antes de dejar el área de trabajo. Si queda polvo en la vestimenta, puede contaminar su casa y automóvil.
- Colocar la ropa y los zapatos de trabajo en bolsas de plástico selladas.
- Lavar la ropa de trabajo en una carga separada de la ropa sucia de la familia.

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## **¿Es necesario someter su hijo a la prueba para detectar envenenamiento por plomo?**

- Sí, todos los niños que tengan entre 1 y 2 años de edad deben someterse a la prueba de detección de envenenamiento por plomo. ¡Es la ley!
- Los análisis de sangre indicarán la cantidad de plomo en la sangre de su hijo al momento del análisis. Si el nivel es alto, su hijo necesitará pruebas adicionales.
- Si su hijo está en riesgo en otras edades, también debe someterlo a los análisis en esos momentos.

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**Programa sobre Plomo y Salud en el Hogar de Connecticut**

**(860) 509-7299**

**[www.ct.gov/dph/lead](http://www.ct.gov/dph/lead)**

**[www.ct.gov/dph/healthyhomes](http://www.ct.gov/dph/healthyhomes)**



# Lead Exposure: Steps to Protect Your Family



The most important step parents, doctors, and others can take is to prevent lead exposure before it occurs.

- **Test your home for lead.** If your home was built before 1978, talk with your local health department about getting your home tested for lead. If you don't know how old your home is, assume there is lead. In the United States, lead is in paint in 87% of homes built before 1940, 69% of homes built from 1940–1959, and 24% of homes built from 1960–1977. Homes in the Northeast and Midwest are most likely to have lead in paint. Ask the landlord about lead before you sign a lease. Before you buy a home, have it inspected for lead.
- **Before any work is done on your home, learn about safe ways to make repairs.** When repairs are being done, seal off the area until the job is done and keep your child away until everything is cleaned up. Be sure to use a certified contractor. Removing lead paint on your own can often make the condition worse. If work is not done the safe way, you and your child can be harmed by increased exposure to lead in dust. See the *EPA's Renovation, Repair, and Painting rule Web page* for more information.
- **Keep your children away from old windows, old porches, and areas with chipping or peeling paint.** If it is in your home, cover it with duct tape or contact paper until it can be completely removed. If you rent your home, let your landlord know about any peeling or chipping paint. Landlords are legally required to repair lead problems found on their property.
- **Do not allow your child to play in the dirt next to your old home.** Plant grass over bare soil or use mulch or wood chips.
- **Clean your home regularly.** Wipe down floors and other level surfaces with a damp mop or sponge. Taking shoes off at the door can help reduce tracking in dirt.
- **Teach your children to wash their hands, especially before eating.** Wash pacifiers and toys regularly.
- **Keep clean.** If your work or hobbies involve lead, change your clothes and shoes and shower when finished. Keep your clothes at work or wash your work clothes as soon as possible.
- **Use cold flushed tap water for mixing formula, drinking, or cooking.** If you are in an older home, run the water for several minutes before using it in the morning and start with cold water for drinking or cooking.
- **Eat healthy.** Give your child a well-balanced diet that includes breakfast and food high in calcium and iron. A good diet can help your child absorb less lead.

To learn more about preventing lead exposure, visit <http://www.cdc.gov/nceh/lead/>.

Should my child be screened for lead?

The only way to know for sure if your child has been exposed to lead is with a blood test. Lead screening tests sometimes take blood from the finger, but it is better and more accurate to take the blood from a vein in the arm. The test measures the amount of lead in the blood. If you think that your child has been exposed to lead, talk with your pediatrician about getting a blood test to check for lead. See *Where We Stand: Lead Screening* for more information.

Source: <https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Lead-Screening-for-Children.aspx>

# Exposición al plomo: medidas para proteger a su familia



El paso más importante que los padres, médicos y otros pueden tomar es evitar la exposición al plomo antes de que ocurra.

- **Mande a inspeccionar su casa.** Si su casa fue construida antes de 1978, hable con el departamento de salud de su localidad para que le hagan una inspección de plomo. Si no sabe cuántos años tiene su casa, asuma que tiene plomo. En los Estados Unidos, el plomo está presente en un 87% de las casas construidas antes de 1940, en un 69% de las casas construidas de 1940 a 1959, y en un 24% de las casas construidas de 1960 a 1977. Las casas ubicadas en el noreste y en el medio oeste de la nación tienen más probabilidades de contener plomo. Antes de firmar un contrato de renta, indague con el casero si se ha detectado plomo. Antes de comprar una casa, mándele a hacer una inspección de plomo.
- **Antes de realizar cualquier trabajo en su casa, averigüe el modo indicado de hacerlo.** Al hacer una reparación, selle el área hasta que el trabajo termine y mantenga a su niño alejado hasta que todo quede limpio. Asegúrese de emplear a un contratista certificado. Si usted mismo trata de retirar la pintura de plomo, es probable que empeore la condición. Si el trabajo no se hace de un modo seguro, usted y su hijo pueden sufrir por una exposición más intensa al polvo que contiene plomo. Vea la página de la *Agencia de Protección Ambiental de Estados Unidos* (EPA, por sus siglas en inglés) para más información
- **Mantenga a su niño alejado de ventanas viejas, verandas viejas y áreas con pinturas que se están pelando o descascarando.** Si estas áreas hacen parte de su casa, cúbralas con cinta aislante o papel pegante hasta que puedan ser retiradas por completo. Si su casa es de alquiler, infórmeme al casero sobre la pintura que se está descascarando o pelando. Por ley, los caseros deben reparar los problemas relacionados con plomo que se hallan en su propiedad.
- **No le permita a su hijo jugar en la tierra al lado de su casa si está es vieja.** Siembre grama sobre el terreno pelado o cúbralo con mantillo o astillas de madera.
- **Limpie su casa con regularidad.** Limpie los pisos y otras superficies con un trapeador o esponja húmeda. El quitarse los zapatos en la puerta de entrada puede evitar que se entre la tierra a la casa.
- **Enséñele a sus hijos a lavarse las manos, especialmente antes de comer.** Lave los chupones y juguetes con regularidad.
- **Cámbiese y dúchese.** Si su trabajo o sus pasatiempos comprenden el uso de plomo, cámbiese la ropa y los zapatos y dese una ducha al terminar la labor. Mantenga la ropa con la que trabaja en el sitio de trabajo o lávela tan pronto como sea posible.
- **Use agua fría del grifo para mezclar la leche de fórmula, para preparar las bebidas y para cocinar.** Si vive en una casa vieja, deje el agua del grifo correr por varios minutos en la mañana antes de usarla. No use agua caliente del grifo para beber ni cocinar.
- **Alimente bien a su familia.** Proporcione a su niño una dieta balanceada que incluya un buen desayuno. Dele alimentos ricos en hierro y calcio. Una buena alimentación puede ayudarle a su niño a absorber menos plomo.

## ¿Debo hacerle un examen para detectar plomo a mi hijo?

El único modo de saber con certeza si su hijo ha estado expuesto al plomo, es mediante un examen de sangre. Los exámenes para detectar el plomo a veces se hacen tomando sangre mediante un pinchazo en el dedo, pero es mejor y más acertado tomar sangre de una vena del brazo. El examen mide la cantidad de plomo en la sangre. Si usted cree que su hijo ha estado expuesto a sustancias con plomo, hable con el pediatra para que le realicen al niño un examen de sangre que detecte la presencia de plomo. Vea el artículo *Nuestra posición frente a las pruebas de detección del plomo* para más información.

Para más información sobre la intoxicación por plomo, visite la página de los Centros para el Control y la Prevención de Enfermedades, [aquí](#).

Source: <https://www.healthychildren.org/spanish/safety-prevention/all-around/paginas/lead-screening-for-children.aspx>

# SEVEN FACTS ABOUT LEAD-BASED PAINT AND LEAD DUST

[ct.gov/PreventLead](http://ct.gov/PreventLead)

The fact is, you can protect your child from lead poisoning. It takes removing or managing lead hazards, such as lead paint dust, and by using proper lead dust cleaning techniques on a regular basis. Lead poisoning is 100% preventable. And how you clean your home can make all the difference. Please read this flyer to find out more.



## FACT #1

The use of lead paint in homes was banned in 1978. Homes built before 1978 may contain lead paint. Older homes, built before 1950, are very likely to contain lead paint.



## FACT #2

Lead dust is produced from lead paint. As the paint gets older, it may be damaged by moisture or friction if it's disturbed.



## FACT #3

Lead dust is very fine; it cannot be seen.

## FACT #4

Lead dust is the most common source of lead poisoning for everyone, especially children and pets. Children between the ages of one and two are at the greatest risk for being poisoned.

## FACT #5

Lead poisoning usually occurs when children put lead dust in their mouths after touching it. Lead dust can be found on many surfaces such as windowsills, floors and even toys. When children put these surfaces in their mouths, they are putting lead dust in their mouths as well.

## FACT #6

Children may also eat chips of lead paint. The paint chips come from household lead paint, as on old windows or porches, or from paint chips in bare soil in the yard.

## FACT #7

Your local health department will try to find where the lead paint and lead hazards are found in your home. With this information they can determine whether the lead hazards in your home should be removed or managed.

## PREVENT LEAD POISONING BEFORE YOU CAN'T

To find out more, contact the Connecticut Department of Public Health Lead and Healthy Homes Program at 860-509-7299. Or, you can call your local health department.

**WARNING:** Pregnant women must not clean up lead dust because it can harm the developing fetus. You must use an industrial HEPA vacuum ONLY. Do not use an ordinary vacuum. Before you begin, remove children and pets from the rooms being cleaned. Wear old cloths and plastic gloves. Consult the Connecticut Department of Public Health or your local health department for more information on how to clean lead dust safely.



# FACT SHEET



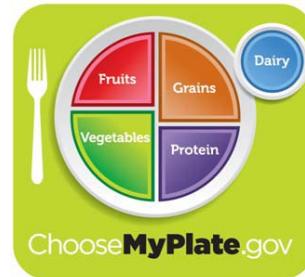
## Eating Right Helps Fight Lead Poisoning

Lead tricks the body into thinking it is iron, calcium or zinc. Eating healthy can help decrease the lead from staying in the body.

Don't let your child go through the day on an empty stomach!

### Five Basic Food Groups

- Breads, cereals and grains
- Vegetables
- Fruit
- Milk and milk products
- Meat, chicken, fish, nuts, and beans



### Foods Rich in Calcium

- Milk
- Yogurt
- Cheese (*for snacks, in cooking such as macaroni and cheese, pizza, tortillas, vegetables*)
- Foods made of milk (*pudding, soup, ice cream, custard*)
- Sardines or canned salmon (*with bones*)
- Green vegetables (*kale, collard greens, broccoli*)



### Foods Rich in Zinc

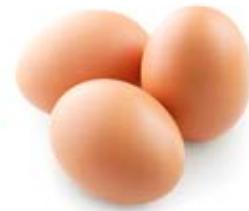
- Chicken or turkey
- Lean meat
- Fish
- Milk and cheese
- Clams, oysters, mussels, crab
- Dried beans and lentils
- Eggs



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## Foods Rich in Iron

- Lean red meat, chicken, turkey and fish
- Iron-fortified hot and cold cereals
- Clams, oysters or mussels (*use canned to make soup or sauce for pasta*)
- Dark green leafy vegetables
- Dried beans, split peas, and other beans (*pinto, red, navy, kidney, garbanzo*)
- Eggs
- Dried fruit



*The iron in vegetables, grains, beans, nuts and eggs may be made more usable to the body when you eat a food high in Vitamin C at the same meal. Oranges, grapefruit, strawberries, cantaloupe, green peppers, cauliflower, broccoli and potatoes are some foods high in Vitamin C.*

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### Healthy Tips:

- Don't fry foods. Bake or broil them.
  - Try not to eat high fat foods. When you do eat them, eat small portions.
  - Vitamin C helps your body absorb iron.
  - Children under the age of 2 should have whole milk after they no longer drink formula or breast milk. Most children 2 and older can have lower fat milk. Children with milk allergies can have tofu, leafy green vegetables, sardines, or canned salmon for their calcium needs.
  - Younger children need smaller servings than older children or adults. More active people need larger numbers of servings from each of the 5 food groups.
- 

### Connecticut Lead and Healthy Homes Program

(860) 509-7299

[www.choosemyplate.gov](http://www.choosemyplate.gov)

[www.ct.gov/dph/lead](http://www.ct.gov/dph/lead)

[www.ct.gov/dph/healthyhomes](http://www.ct.gov/dph/healthyhomes)





# Childhood Lead Poisoning: A Resource for Child Day Care Providers

## What Is Lead Poisoning?

- Lead poisoning is a preventable disease caused by exposure to environmental lead found in lead-based paint, dust, soil, and water.
- It can damage a child's neurological, cognitive, and behavioral development, with irreversible effects.
- **Irony: Nearly all of the lead in our environment, we put there!**



## What Causes Childhood Lead Poisoning?

- Lead poisoning usually occurs when children ingest dust that contains lead. Children also eat paint chips or soil that contains lead.
- Lead-based paint was banned for use on housing in 1978. Therefore, homes built before that date may contain lead-based paint. Lead-based paint that is chipping and peeling can produce lead dust, which is very dangerous to children.

## Why Do I Need To Know About Lead Poisoning?

- You may have lead based paint in your home or your center.
- You are in a position to improve the environment of children under your care and to advise their parents about the dangers of lead exposure.

## Where Is Lead Found?

- Lead paint may be found on many surfaces, such as walls, doors, doorframes, windows (wells and sills), woodwork, railings, fences, porches, and stairs.
- Soil and dust can become contaminated with lead. Contaminated soil can be tracked indoors. Children should not play in bare-soil areas that may contain lead.
- Food that is grown in contaminated soil or near buildings painted with lead-based paint may contain lead. Food packaged in imported cans with lead solder seams may also contain lead.
- Water may become contaminated by lead in water pipes, plumbing fittings made of brass or bronze, or lead solder used to connect water pipes (banned in 1986).
- Some ethnic and home remedies and imported cosmetics may contain lead.





## What Can I Do To Prevent Lead Poisoning Of Children In My Care?

- Child care facilities (in the home and in a center) must meet Connecticut guidelines for lead-safe environments. The Connecticut Child Day Care Licensing Unit and your local health department will provide information on inspections and assist you with plans of correction for your facility. Obtaining and maintaining a day care license rests heavily upon compliance with these laws. Contact one of the numbers listed below for more information.

## How Does Nutrition Aid In Decreasing Lead Absorption?

- Lead fools the body into thinking it is iron, calcium, or zinc. This makes the body absorb more lead into the bloodstream.
- Offer children foods high in iron, calcium, and zinc.
- Offer children foods high in vitamin C because it helps the body absorb iron better.
- Offer children fewer high-fat foods. These may increase the absorption of lead.
- Lead is absorbed more quickly on an empty stomach.



## How Can I Advise Parents?



- Have children tested for lead poisoning at 1 and 2 years of age.
- Feed children foods high in calcium, iron, zinc, and vitamin C.
- Keep children away from potentially leaded environments—at home and at play.

## Who Can I Call? Resources for Child Care Providers

Connecticut Department of Public Health  
Lead Poisoning Prevention & Control Program

**860-509-7745**

or

**860-509-7299**

Day Care Licensing Unit

**860-509-8045**

[http://www.dph.state.ct.us/brs/lead/  
lead\\_program.htm](http://www.dph.state.ct.us/brs/lead/lead_program.htm)



# Fresh Veggies and Dip

## Ingredients

½ cup fat free sour cream  
⅓ cup prepared salsa  
3 tablespoons chopped green onions  
½ teaspoon garlic salt  
1 red bell pepper  
2 stalks celery  
1 cup baby carrots (about 12 carrots)

## Preparation

### Dip

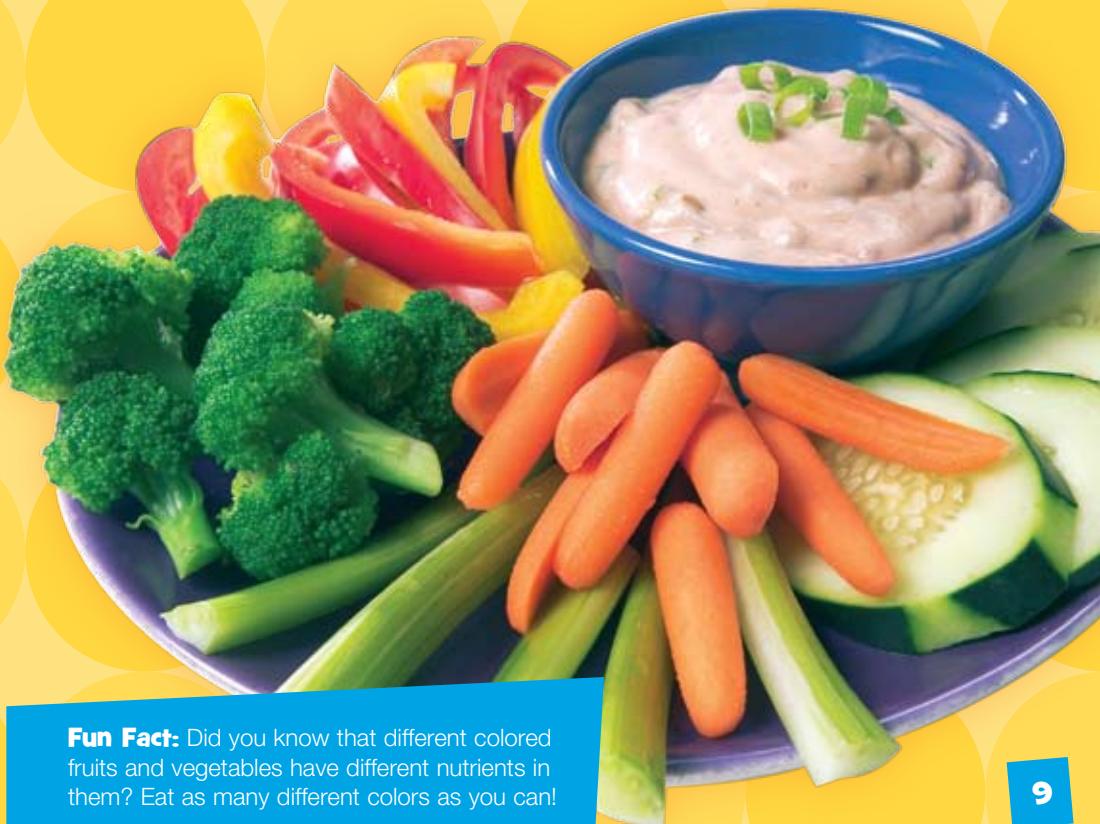
- Put sour cream, salsa, green onions, and garlic salt in a small bowl. Stir well.

### Veggies

- Carefully cut the bell pepper in half lengthwise. Use your hands to remove the stem and seeds. Cut the pepper into strips.
- Remove leafy tops from celery stalks. Cut celery stalks into sticks.
- Serve red bell pepper strips, celery sticks, and baby carrots with dip.

**Makes 4 servings.** One serving equals  
½ cup veggies and ¼ cup dip.

**Preparation time:** 10 minutes



**Fun Fact:** Did you know that different colored fruits and vegetables have different nutrients in them? Eat as many different colors as you can!

# Vegetales Frescos con Salsa

## Ingredientes

½ taza de crema agria descremada  
⅓ taza de salsa preparada  
3 cucharadas de cebolla verde picada  
½ cucharadita de sal de ajo  
1 pimiento rojo  
2 tallos de apio  
1 taza de zanahorias pequeñas  
(unas 12 zanahorias)

## Preparación

### Salsa

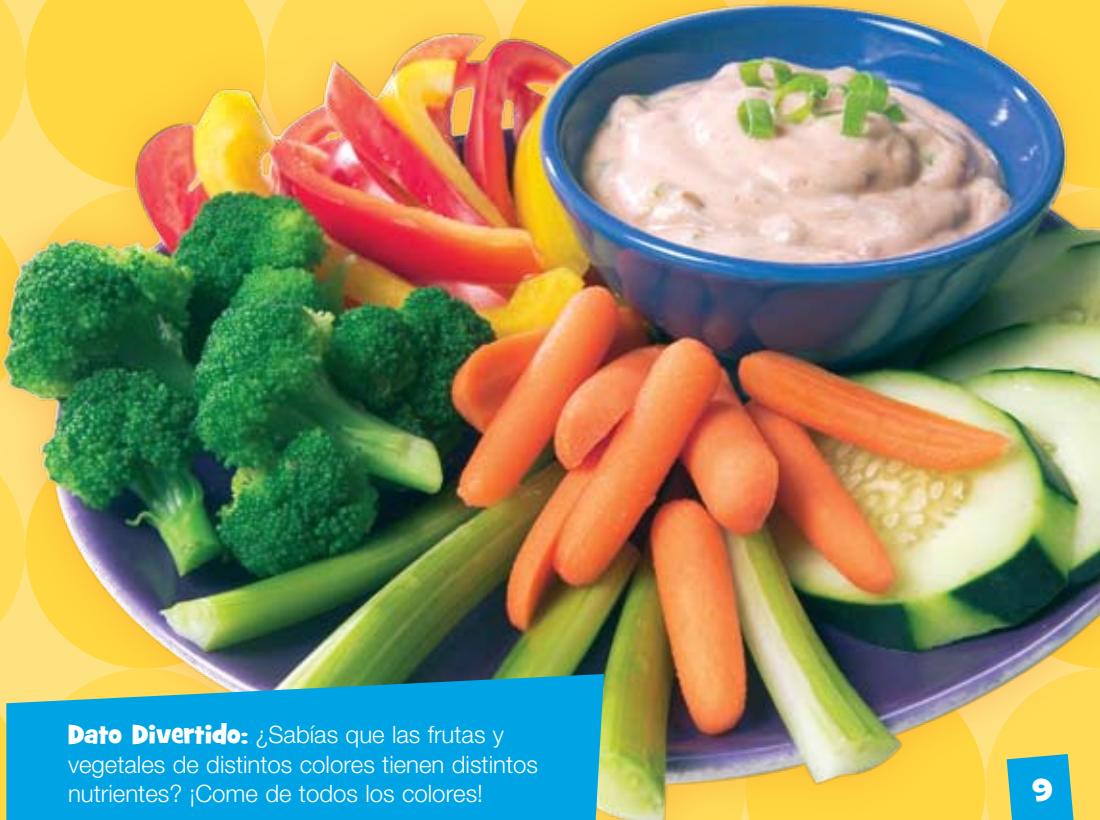
1. Pon la crema agria, salsa, cebolla verde y sal de ajo en un tazón pequeño. Mezcla bien.

### Vegetales

1. Corta con cuidado el pimiento por la mitad, del tallo a la base. Retira el tallo y semillas con tus manos. Corta el pimiento en tiras.
2. Retira las hojas de los tallos de apio. Corta los tallos de apio en tiras.
3. Sirve las tiras de pimiento, los tallos de apio y las zanahorias pequeñas con la salsa.

**Rinde 4 porciones.** Una porción equivale a ½ taza de vegetales y ¼ taza de salsa.

**Tiempo de preparación:** 10 minutos



**Dato Divertido:** ¿Sabías que las frutas y vegetales de distintos colores tienen distintos nutrientes? ¡Come de todos los colores!