

# LEAD POISONING



## HOW TO PROTECT IOWA FAMILIES

Iowa Department of Public Health  
Lead Poisoning Prevention Program

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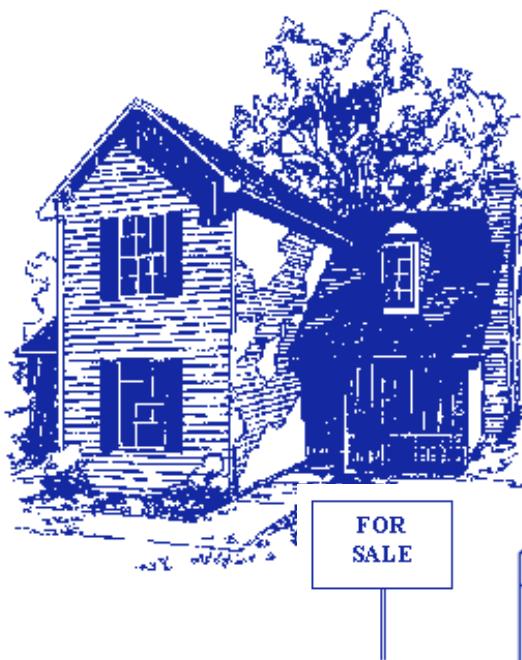
Adult lead pictures (pages 9, 12, 33, 38, and 39) provided by the Childhood Lead Poisoning Prevention Branch of the California Occupational Lead Poisoning Prevention Program.

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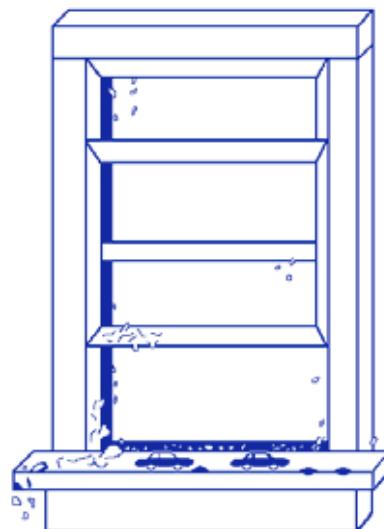
## FEDERAL LAW: LEAD-BASED PAINT

*Are You Planning to Buy, Rent, Remodel,  
or Repaint a Home Built Before 1978?*



**Many homes  
built before 1978  
have lead-based  
paint in them.**

**Lead-based paint,  
chips, and dust can  
pose serious health  
hazards.**

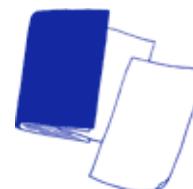


## Federal Laws Regarding Landlords, Home Sellers, and Renovators

*Federal law requires landlords and sellers to give  
tenants and home buyers information on lead.*



Landlords must tell tenants about known lead-based paint and lead-based paint hazards before leases are signed. In the case of verbal leases, landlords must do this before tenants agree to a verbal lease.



Leases must include a disclosure form about lead-based paint unless a certified inspector has checked the property and said in writing that it is lead-based paint free.

Sellers must tell buyers in writing about lead-based paint and lead-based paint hazards before entering into a sales contract.

Sales contracts must include a disclosure form about lead-based paint in the building. (A blank form is in the middle of this booklet.)



Sellers must offer buyers 10 days to check for lead hazards.



Renovators must give homeowners and occupants this pamphlet and a form before they start work. Landlords and property managers who perform renovations must also give this pamphlet and a form to tenants before they start work. (Blank forms are in the middle of this booklet.)

### If you want more information about these requirements, call:



Iowa Department of Public Health  
at **1-800-972-2026**.

Your local city or county health or housing agency.

The National Lead Information Clearinghouse  
at **1-800-424-LEAD**.

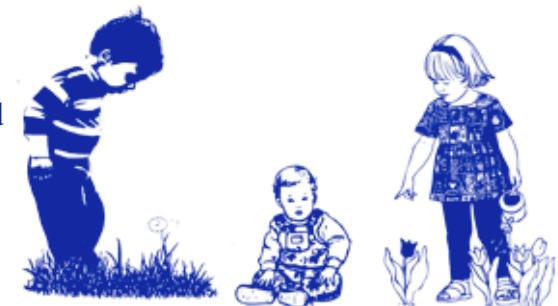
## LEAD POISONING

*Lead poisoning occurs when a person has too much lead in his or her body.*



A blood lead test tells the amount of lead in a person's body.

Adults should keep their blood lead levels less than 25 micrograms per deciliter ( $\mu\text{g}/\text{dL}$ ).



Children are much more sensitive to lead than adults. Children are lead-poisoned at 10  $\mu\text{g}/\text{dL}$  or higher.



Pregnant women should keep their lead levels less than 10  $\mu\text{g}/\text{dL}$  to protect their unborn children. Women who plan to have children should also keep their levels less than 10  $\mu\text{g}/\text{dL}$ .

## How Do Children Become Lead-Poisoned?

When a child in Iowa is lead-poisoned, paint in poor condition is usually the source. Children can be lead-poisoned if they:

- Put dusty or dirty hands, toys, bottles, or pacifiers in their mouths.***

Household dust in older homes often contains lead from old paint. This dust gets on children's hands, toys, bottles, and pacifiers.



- Put lead-based paint chips in their mouths.***
- Chew on surfaces painted with lead-based paint.***

Children who are teething may chew on window sills and stair railings.

- Play in dirt or a sandbox near an old building or where an old building was torn down.***

This soil could be contaminated with lead-based paint chips or dust.



Children may put the dirt or sand in their mouths. Or, the dirt or sand may stick to their hands and toys that they put in their mouths.

- Breathe in dust from lead-based paint that is being scraped, sanded, or removed with a heat gun.***

Children and pregnant women should leave the area before the work begins and not return until the work area has been completely cleaned.



**Play in or near windows and other areas where there are paint chips.**

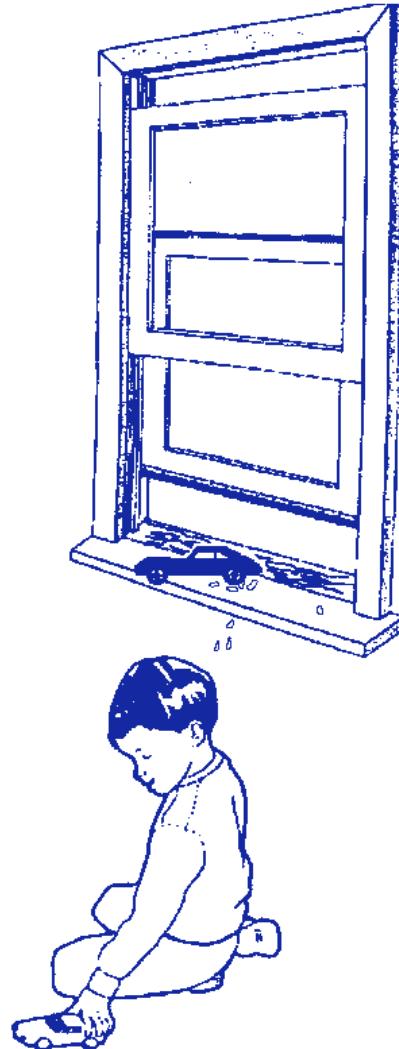
These paint chips can be ground into small pieces and dust that stick to children's hands and toys.

Children often put their hands and toys in their mouths.

Children like to look out of open windows and play at window sills.

In Iowa, lead-based paint chips found between the inside window sash and the screen/storm window cause many cases of childhood lead poisoning.

**Most Iowa homes built before 1960 have peeling or chipping lead-based paint in this area.**



## What Are the Signs of Lead Poisoning in Children?

***Most lead-poisoned children do not show any signs of the disease.***

Some, however, may have the following symptoms:

- Easily excited.
- Not able to pay attention.
- Stomach aches.
- More tired than usual.



Lead-poisoned children may have learning and behavior problems as they grow older.

Children with very high lead levels may develop seizures, become unconscious, or even die.

***Lead is more dangerous to children than to adults because:***

- Children absorb more lead than adults.
- Children are more likely to be damaged by lead than adults.



## How Do Adults Become Lead-Poisoned?

Adults are lead-poisoned by breathing lead fumes and lead dust.

They can also get lead dust on their hands, face and clothes.

Then, if they eat, smoke, or apply cosmetics without washing their hands and face, they ingest lead dust.

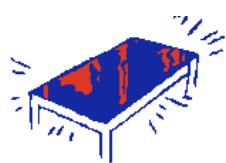
Most Iowa adults become lead-poisoned by working with lead in their jobs.



Lead is found in lead battery production, welding, radiator repair, metal cutting, and sandblasting.



Some adults have been lead-poisoned at home by removing lead-based paint in or remodeling an older home without following safety guidelines (see page 32).



Some adults are lead-poisoned by working with lead in hobbies like molding bullets, stripping furniture, or making stained glass items.

***Anything that produces lead dust or fumes can cause lead poisoning***

## What Are the Signs of Lead Poisoning in Adults?

***Many lead-poisoned adults do not have symptoms.***

Some, however, may have the following symptoms:



- Trouble remembering and concentrating.
- Tire easily.
- Unable to sleep.
- Weakness or loss of feeling in arms or legs.
- Headaches.
- Irritability.
- Depression.
- High blood pressure.



Adults are more likely to have these symptoms if their lead levels are high for a long time.

Adults that have high blood lead levels for a long time may also become anemic. Men may have a low sperm count. Women may have trouble becoming pregnant.

## Why Should Iowans Be Concerned About Lead Poisoning?



- Lead poisoning affects 1 in 14 Iowa children.



- Iowa's rate of lead poisoning is four times the national average.
- Nearly 60 percent of the homes in Iowa, both in rural and urban areas, were built before 1960.

Almost all of these pre-1960 homes contain some lead-based paint. Many also contain lead-based paint hazards that can harm children.



## How Can You Find Out if You or Your Children Are Lead-Poisoned?

The only way to tell if a person is lead-poisoned is to get a blood lead test.

*All Iowa children under the age of 6 years should be tested regularly for lead poisoning.*



This test is required for children who are enrolled in Medicaid.

Ask your health care provider to do a blood lead test whenever your child has a check-up.



Many children have normal blood lead levels at 6-12 months of age. However, these same children may become lead-poisoned when they are older and more active. So, it's important to get their blood lead tested at least once a year until they are 6 years old.



If you work with lead on the job, your employer may be required to provide blood lead testing. See the Iowa Department of Public Health *Guide for Employees Who Work With Lead*. Your family doctor can also order a blood lead test. If you have recently remodeled or removed paint in an older home, you should get a blood lead test.

## LEAD-BASED PAINT AND LEAD-BASED PAINT HAZARDS

The federal government banned the use of lead-based paint in housing in 1978.

**Any home built before 1978 can have lead-based paint in it.**

This includes homes in the city and the country.

It also includes single-family homes, apartments, private housing, and publicly-owned housing.



***In Iowa, most children who are lead-poisoned have lived in or visited homes built before 1960.***

This is because pre-1960 homes usually have more layers of lead-based paint than newer homes.

Also, paint that was used before 1960 usually contained more lead than paint used after 1960.

Homes built before 1960 are more likely to have peeling and chipping paint.

These homes are also more likely to have had lead-based paint disturbed during remodeling.



***In Iowa homes, most interior and exterior wood surfaces that were painted before 1960 have lead-based paint on them.***

This includes windows, baseboards, doors, exterior siding, and porches.



Some, although not all, interior walls in pre-1960 homes were painted with lead-based paint.

Kitchen and bathroom walls are the most likely to have lead-based paint on them.



Old garages, farm buildings, and fences may also be painted with lead-based paint.



In very large urban areas of the United States, soil sometimes contains high levels of lead from past use of leaded gas in cars.

In Iowa, most lead in the soil around older homes comes from lead-based paint.

## When is Lead-Based Paint a Hazard?

**Lead-based paint that is peeling, chipping, chalking, cracking, or otherwise deteriorating is a hazard to small children.**

**Lead-based paint in good condition may be a hazard on:**

- Surfaces children can chew on (window sills, stair railings, porch railings).



- Surfaces where paint is often damaged by hard impacts (doors, door frames, corners).



- Surfaces where paint is worn by being walked on such as floors and stairs.

**Lead dust** may be on floors and other surfaces if you have recently done any remodeling or repainting in your home.



**Lead in soil** is a hazard when children play in areas of bare soil next to old buildings.

Areas of bare soil where buildings have been torn down are also a hazard to children.

## CHECKING YOUR HOME FOR LEAD-BASED PAINT HAZARDS



- In Iowa, if your child has a blood lead level of 20 micrograms per deciliter ( $\mu\text{g}/\text{dL}$ ) or higher or two blood lead levels of 15 to 19  $\mu\text{g}/\text{dL}$ , then your local health or housing agency or the state health department will come to your home and help you find lead hazards.

- Your local health or housing agency may be able to check your home even if your child is not lead-poisoned.



- You can hire a certified inspector/risk assessor. In Iowa, certified inspector/risk assessors must check surfaces for lead, tell homeowners if surfaces with lead-based paint are a hazard, and recommend how to address these hazards. Contact the Iowa Department of Public Health at 1-800-972-2026 to get a list of certified inspectors/risk assessors.

- Use the self-help checklist on pages 18 to 27 in this booklet to decide if your home might have lead hazards. Do not use home test kits.



If you are planning to purchase, lease, or renovate a home built before 1978, consider having the home checked for lead-based paint and lead-based paint hazards.



## How Can You Decide if Your Home is Lead Safe?

### Your HOME is probably safe if:



- It was built after 1960.\*
- It was built before 1960, but has none of the hazards described on pages 19 to 27 of this booklet.
- It has no older painted furniture or toys in it.

\*Note: Some houses built between 1960 and 1978 may also contain lead-based paint. However, the amount of lead in the paint is probably much lower than for houses built before 1960.



### Your PROPERTY is probably safe if:

- All buildings, fences, and other structures are new or in good condition with none of the hazards described in this booklet.
- No older buildings have been torn down on the property.



### Children's play areas are not:

- Next to buildings with peeling and chipping paint.
- In areas of bare soil.

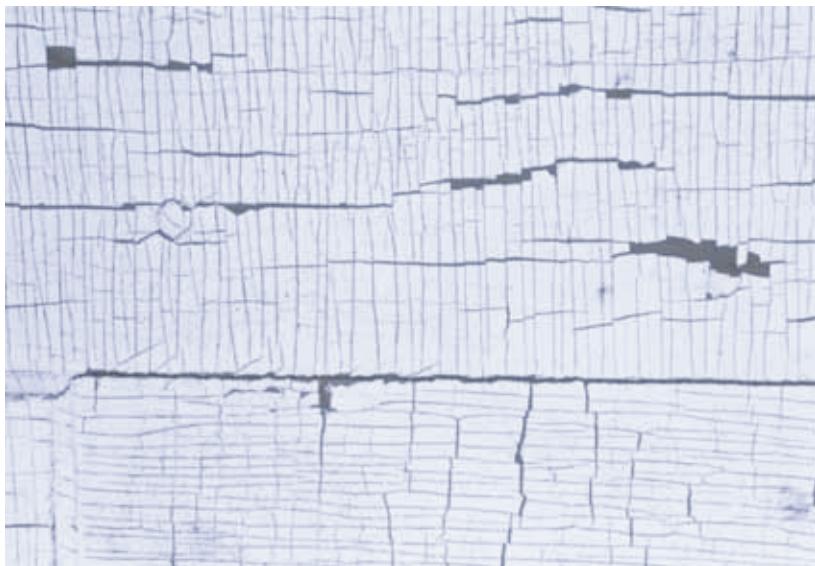
## Finding the Lead-based Paint Hazards In and Around Your Home

***You should assume that all of the paint, stain, or other coatings in your home contain lead.***

Look for paint, stain, or other coatings that are:

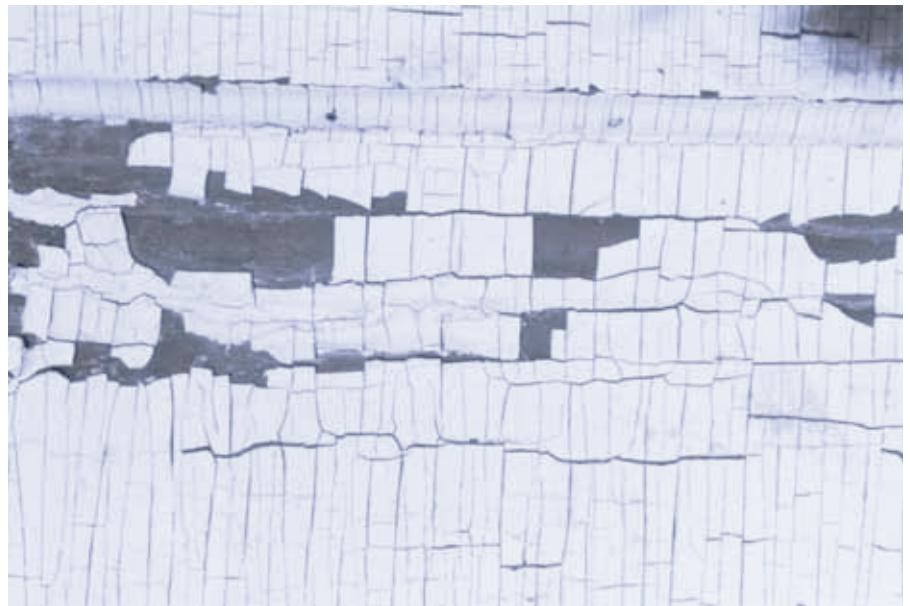
- Loose.
- Cracked or chipping.
- Peeling or flaking.
- Rubbing off.
- Deteriorating in any way.

These are **HAZARDS** that can cause lead poisoning.



When paint chips off these surfaces, all layers of paint usually come off together. This is a **HAZARD** that can cause lead poisoning because the bottom layers of paint may contain lead – even if the surface has been repainted with lead-free paint.

Paint that has an “alligator” cracking pattern or rubs off on your hands (chalks) is usually lead-based paint. Cracked or chalking paint is a **HAZARD** that can cause lead poisoning.



Old varnish that looks cloudy may contain lead. Lead-based paint was often mixed with varnish to give it a deeper, richer color. If the finish is cracked or peeling, old varnish is a **HAZARD** that can cause lead poisoning.



Use pages 21 to 27 to look for lead hazards in your home. Mark the **HAZARD** box when you find a problem.

## Window Hazards

**Many Iowa children are lead-poisoned by windows!**

You must open the window  
to check the following:

Check the sides and  
upper part of the window.

Check window sash.

Check area between interior  
window and screen for paint  
chips and dust.

Check the sill and window frame.

Look for:

Peeling

Chipping (impact)

Toys in window

Chew marks.

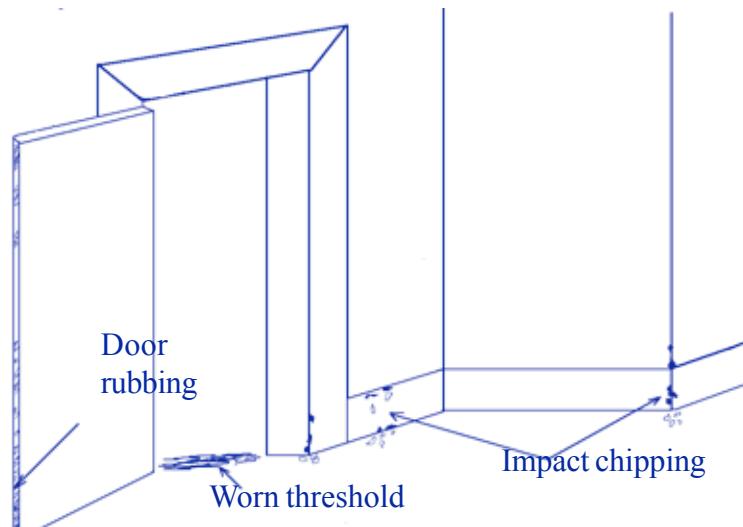


These are **HAZARDS** that can cause lead poisoning.

### Window Check List:

Frame	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Sash (front and back)	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Sill	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Area between windows:		
Bottom	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Sides	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Top	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Upper inside parts	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Signs of chewing	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD

## Woodwork, Wall, and Door Hazards



Check all surfaces for chipping and peeling paint.  
Look for paint chips on the floor and in the carpet.

Look for impact chipping at corners of door frame,  
baseboards, walls.

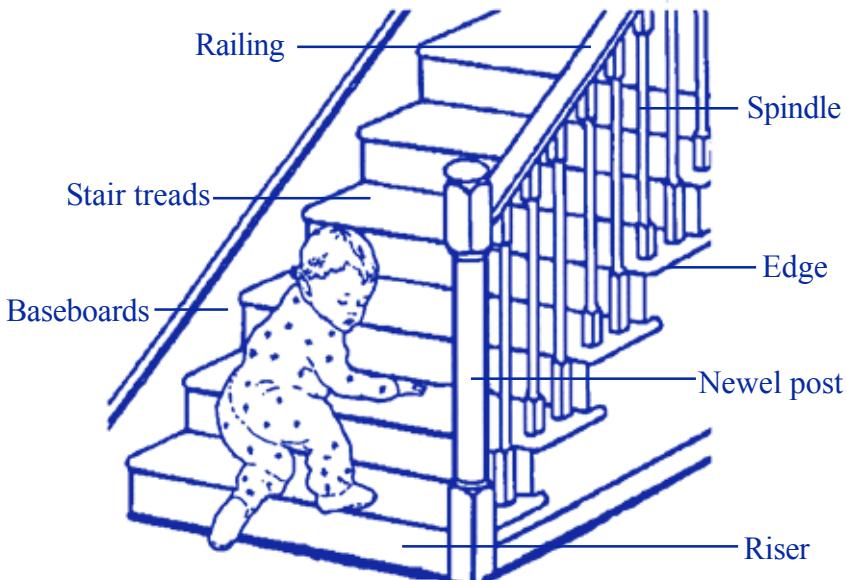
Look for rub or scrape marks on door edges.

These are **HAZARDS** that can cause lead poisoning.

### Woodwork, Wall & Door Check List:

Doors	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Door frames	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Baseboards	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Wall corners	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Doorway thresholds	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD

## Stair Hazards



Children love to play or just sit on stairs.

Check all areas for chipping, peeling, etc. paint.

Look for chewing on spindles, railing, stair treads & edges.

Check risers, baseboards, and stair treads for impact chipping.

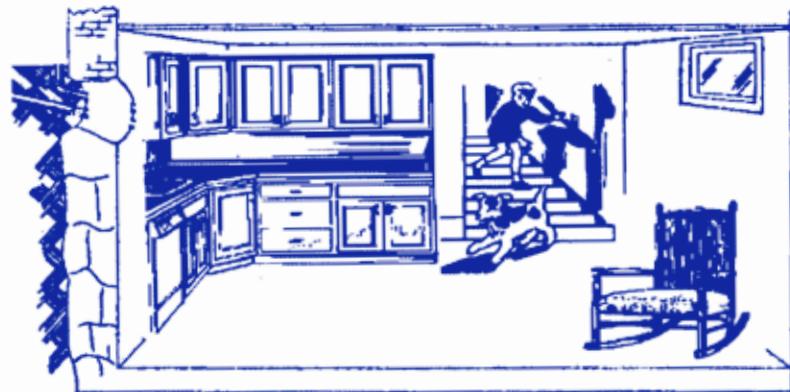
Look for worn areas on treads.

These are **HAZARDS** that can cause lead poisoning.

### Stairs Check List:

Railing and spindles	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Newel post	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Stair treads and edges	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Risers and baseboards	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD

## Basement Hazards



Check all surfaces for peeling and chipping paint. Look for impact chipping and worn areas.

Check old furniture and toys in storage.

These are **HAZARDS** that can cause lead poisoning.

### Basement Check List:

Basement stairwell	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Upper floor joists & ceiling	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Doors & door frames	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Painted walls & floors	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Discarded wood trim	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Built-in cabinets, shelves, trim	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Painted beams & support posts	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD
Discarded furniture and toys	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> HAZARD

## Porch Hazards



Children like to sit and play on porches. Children can get into lead-based paint chips and dust if the porch and house siding have been painted with lead-based paint.

Check ALL the areas listed below for chipping or peeling paint.  
Look for chewing on trim, steps, railings, and spindles.  
Look for worn areas on painted floors.

These are **HAZARDS** that can cause lead poisoning.

### Porch Check List:

Ceiling	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> <b>HAZARD</b>
Walls	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> <b>HAZARD</b>
Trim	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> <b>HAZARD</b>
Floors	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> <b>HAZARD</b>
Steps	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> <b>HAZARD</b>
Railings	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> <b>HAZARD</b>
Spindles	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> <b>HAZARD</b>

## Exterior Hazards



Look for chipping and peeling paint on all surfaces. Be sure to check all exterior window frames (including basement windows) and overhangs.

Look for paint chips lying on the ground or sidewalk around all buildings.

These are **HAZARDS** that can cause lead poisoning.

### Exterior Building Checklist:

Siding	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> <b>HAZARD</b>
Window frames	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> <b>HAZARD</b>
Trim	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> <b>HAZARD</b>
Overhangs	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> <b>HAZARD</b>
Doors	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> <b>HAZARD</b>
Gutters	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> <b>HAZARD</b>
Soil & sidewalks	<input type="checkbox"/> Safe	<input checked="" type="checkbox"/> <b>HAZARD</b>

## Outside Play Area Hazards

- Check all the places where your children play outside.
- Look closely for chipping or peeling paint on nearby buildings.
- Look for paint chips in the soil or on sidewalks.
- Check for bare soil in play areas. Any bare soil near an old building may contain lead-based paint chips and dust – even if the building has been sided, repainted, or torn down.



These are **HAZARDS** that may cause lead poisoning.

### Play Area Check List:

Gym set	<input type="checkbox"/> Safe	<input type="checkbox"/> HAZARD
Sand box	<input type="checkbox"/> Safe	<input type="checkbox"/> HAZARD
Swimming pool	<input type="checkbox"/> Safe	<input type="checkbox"/> HAZARD
Other areas	<input type="checkbox"/> Safe	<input type="checkbox"/> HAZARD

## PROTECTING YOUR FAMILY FROM LEAD-BASED PAINT HAZARDS

### If you find hazards in your home:

#### *Do NOT Panic!!*

- If you rent, tell your landlord about the hazards that you find.

Do **NOT** sand, scrape, or remove any paint, walls, windows, or plaster until you know how to do it safely.



Call the Iowa Department of Public Health at 1-800-972-2026 to find out how to do this work safely.



- Have all children under the age of 6 years tested for lead poisoning.
- Supervise your children very carefully. Keep them away from areas where there is peeling and chipping paint.





- Weekly, clean floors, baseboards, and window sills where small children play. Wash woodwork and painted surfaces with warm water and a general all-purpose cleaner.

**Remember:** *Never mix ammonia and bleach together since they form a dangerous gas.*

- Wash toys, pacifiers, and bottles that children drop on the floor.
- Wash children's hands often, especially before they eat.



- Do not let children play outside in areas where there are paint chips on the ground. Pick up as many of the paint chips as you can.

Cover the soil in these areas by seeding grass, laying sod, planting some shrubs, or covering with mulch.



- Pick up paint chips that you see on the floor, inside windows, or in other places where your children play.

Put the paint chips in a garbage bag and dispose of them in the landfill with your regular garbage.



- Serve your child at least 3 meals a day.**

A child with an empty stomach absorbs more lead. Children who have poor appetites, or who do not eat regularly, have a higher risk of becoming lead poisoned.



- Serve your child healthy snacks.**

## HEALTHY SNACKS

muffins  
yogurt  
broccoli  
zucchini  
celery sticks



cheese cubes  
saltine crackers  
graham crackers  
dry oat cereal rings

apple slices  
melon cubes  
orange sections  
carrot sticks  
cottage cheese



- Serve your child foods that are high in Vitamin C.**  
Vitamin C helps the body absorb more iron.

## VITAMIN C SOURCES

orange  
orange juice  
grapefruit  
cantaloupe  
strawberries



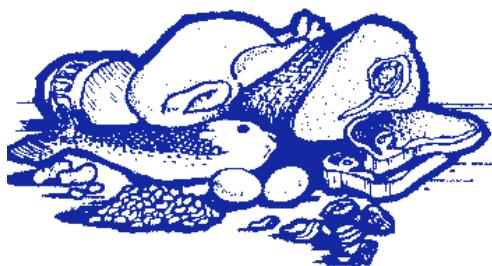
peppers (green, red, chili)  
broccoli  
tomato  
potatoes



- ❑ Serve your child foods that are high in calcium and iron.  
Iron helps stop the lead from being absorbed into the body.

## IRON SOURCES

chicken  
beef  
fish  
pork  
greens  
oatmeal  
cornmeal  
soybeans  
brown rice  
dried beans  
prune juice  
dried apricots  
enriched bread  
iron-fortified cereal



liver  
kidney  
turkey  
oysters  
raisins  
lentils  
spinach  
broccoli  
sardines  
dried peas  
dried peaches  
oat or wheat bran  
whole wheat bread

Calcium also helps prevent lead from being absorbed into the body.

## CALCIUM SOURCES

milk  
cheese  
yogurt  
pudding  
ice cream  
cottage cheese



calcium-fortified orange juice  
sardines with bones  
salmon with bones  
tofu (firm, fortified)  
fortified soy milk  
milk-based soup  
mustard greens  
collard greens  
broccoli  
greens  
sesame seeds

## How Can You Safely Reduce Lead Hazards in Your Home?

Keeping your house very clean will help prevent lead poisoning in your children. However, if there is much peeling and chipping paint in your home, you should try to reduce or repair the lead hazards.

*You do NOT need to remove all the lead-based paint from your home to make it lead safe.*



## INTERIM CONTROLS

You can reduce lead hazards by repairing deteriorated paint surfaces to keep them from peeling and chipping. This is called “interim controls.”

If you choose “interim controls,” you need to watch these surfaces and keep them in good condition. If they start to peel and chip, they will become hazards again.

You must be very careful when you repair these paint surfaces. If you are not careful, you can make things worse by spreading lead dust throughout your house.

## ABATEMENT

You can permanently remove or “abate” lead hazards by removing all of the lead-based paint from a surface or by sealing or enclosing lead-based paint with special materials.



***Painting over lead-based paint with regular paint is not “abatement.”***

If you hire someone to “abate” lead hazards, this person must be a certified lead abatement contractor in Iowa.

Certified contractors must hire trained workers and follow strict safety rules to protect their workers and people who live in the homes where they work.



Contact IDPH at 1-800-972-2026 to get current information on certified lead abatement contractors.

## How Can You Keep Your Family Safe During Remodeling, Renovation, and Repainting?

If you are going to prepare for repainting, remove paint, or tear out walls in an old home, you should do one of the following:

- Have the paint tested to see if it is lead-based paint.
- Assume that it is lead-based paint and take the appropriate precautions.

Never dry scrape, dry sand, power sand, power wash, use a torch, or use a high temperature heat gun to remove lead-based paint.



Contact the Iowa Department of Public Health (IDPH) at 1-800-972-2026 to find out how to do this work safely. IDPH also has information about how to find a contractor that will do the work safely.

## OTHER SOURCES OF LEAD

A few Iowa children have been poisoned by other sources of lead.



- Food and liquids cooked in lead-glazed pottery or stored in lead crystal or lead-glazed pottery or porcelain.
- Lead in the soil around a battery plant or battery recycling plant.
- Home remedies that contain lead such as azarcon, greta, and pay-loo-ah.
- Candy that comes from Mexico or southeast Asia.
- Living in Mexico, Central America, South America, or southeast Asia where there is much more lead in the environment than there is in the United States.



Although some Iowa children have been lead-poisoned by these sources, **the major source is still lead-based paint used in homes built before 1960.**

Children who spend time in these homes are at the highest risk for lead poisoning.



## Is Lead in Water a Problem for Your Family?

City and rural water departments must test their water for lead. If the lead level is high, they must send a notice to their customers. If you get one of these notices, you may be concerned.



**However, lead in drinking water is not a major source of lead for most children.**



Lead in water may cause lead poisoning in babies who drink formula made with water that has high lead levels.

This usually happens when formula is made using tap water. The water can pick up lead from pipes, solder, or faucets when it sits in pipes overnight.

Therefore, tap water may have a high lead level first thing in the morning.

Hot water dissolves more lead than cold water. So, formula made with this hot tap water can have **very** high lead levels. Boiling does not take lead out of the water. In fact, boiling the water so long that part of the water boils away **increases** the concentration of lead in the remaining water.



## Lead in water comes mainly from inside your home.

It can be in lead pipe, lead solder, or faucets with brass parts.

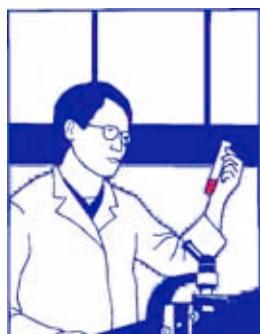
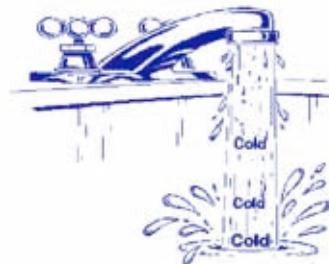
Do not replace faucets or plumbing just because your water has a high lead level. New faucets may put more lead into your water.



Replacing old lead solder with new lead-free solder may also put more lead into your water. If you replace solder, be sure to get all the old solder out of the pipes.

### If you use tap water to make baby formula, do the following to keep your baby safe:

1. Let the cold water run for at least 30 seconds before using it to make formula.
2. **Do NOT use hot tap water to make formula.** Always use cold water and warm it to the right temperature.
3. If your doctor recommends boiling the water before making formula, do not boil the water longer than two minutes.



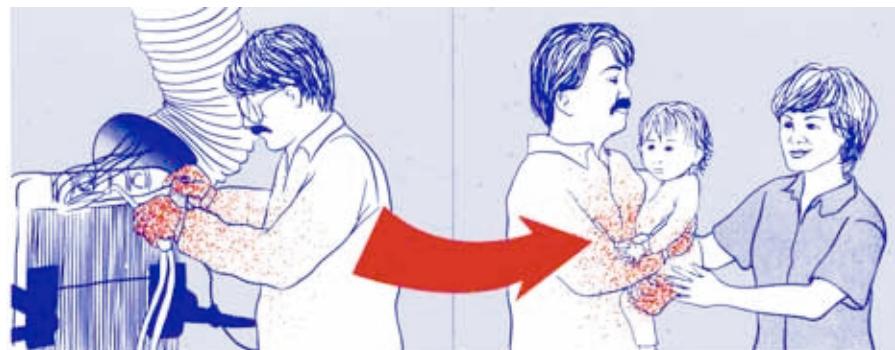
If you would like to test your water for lead, contact the:

University Hygienic Laboratory  
515-725-1600

This test will cost \$20-\$25.

## Is Working with Lead a Problem for Your Family?

If you work with lead in your job or hobby, you can poison your children by bringing lead home.



Some employers are required to ensure that workers do the following to protect their families from lead:



- Change into work clothes and shoes after getting to work.
- Put street clothes and shoes in a clean locker or clean plastic bag.
- Remove work clothes and shoes before going home.
- Shower before putting on street clothes and shoes.

Some employers are not required to provide a shower and changing room. If your employer does not provide these things or if you work with lead in a hobby, try to do these things:

- Make a special changing area at home. This could be in the garage or the basement.

Change in this area and shower before touching anyone or anything in the house.



If you need to wash work clothes, do the following:

- Take work clothes home in a plastic bag and wet the clothes before removing them from the bag.

Throw away the bag used to carry the work clothes home.

- Wash work clothes separately from any other clothes.

## MORE INFORMATION

### Iowa



**Iowa Department of Public Health**  
**1-800-972-2026 or**  
**1-515-281-3479**

Call for current information about lead in Iowa and copies of this brochure.

Hearing impaired, call TDD 1-800-735-2942  
Fax: 515-281-4529

Your local city or county lead program, health department, or housing agency.  
(Some cities and counties have their own rules on lead-based paint activities.)

### National



The National Lead Information Center  
1-800-LEAD-FYI  
Call to learn how to protect children from lead poisoning.

The National Lead Information Center  
Clearinghouse  
1-800-424-LEAD  
Call for other information on lead hazards.

Hearing impaired, call TDD 1-800-526-5456  
Fax: 301-585-7976  
Internet: [www.epa.gov/lead/nlic.htm](http://www.epa.gov/lead/nlic.htm)



#### EPA's Safe Drinking Water Hotline

1-800-426-4791

Call for information about lead in drinking water.

#### Consumer Product Safety Commission (CPSC) Hotline

To request information on lead in consumer products or to report an unsafe consumer product or a product-related injury, call

1-800-638-2772. (Internet: [info@cpsc.gov](mailto:info@cpsc.gov))

Hearing impaired, call TDD 1-800-638-8270.

### Regional



#### EPA Regional Office

Your Regional EPA Office can provide further information regarding regulations and lead protection programs.

Region 7

(Iowa, Kansas, Missouri, and Nebraska)

901 North 5<sup>th</sup> Street

Kansas City, KS 66101

(913) 551-7020

#### CPSC Regional Office

Central Regional Center

230 South Dearborn Street

Room 2944

Chicago, IL 60604-1601

(312) 353-8260



### Iowa Department of Public Health

*Promoting and protecting the health of Iowans*



#### Iowa Department of Public Health

Lead Poisoning Prevention Program

Lucas State Office Building

Des Moines, Iowa 50319-0075

(800) 972-2026