

## LEAD POISONING IS PREVENTABLE

As a child care provider, you are responsible for creating a safe, lead-free environment for children.

**If you suspect that your child care center may be contaminated by lead, schedule an appointment for a lead assessment today.**

For a list of Hawaii lead-certified contractors, and for more information on the cost of lead assessments and lead abatement call:

### HAWAII STATE DEPARTMENT OF HEALTH

#### Lead-Based Paint Program

Indoor and Radiological Health Branch  
Phone: 808-586-5800



## FOR MORE INFORMATION

### HAWAII STATE DEPARTMENT OF HEALTH

#### Hawaii Childhood Lead Poisoning Prevention Program

Children with Special Health Needs Branch  
741 Sunset Avenue  
Honolulu, HI 96816  
Phone: 808-733-9055

Website: [health.hawaii.gov/cshcn/home/leadpp](http://health.hawaii.gov/cshcn/home/leadpp)  
Email: [doh.lead@doh.hawaii.gov](mailto:doh.lead@doh.hawaii.gov)

#### Hazard Evaluation and Emergency Response Office

Phone: 808-586-4345

### OTHER RESOURCES

Center for Disease Control and Prevention  
<http://www.cdc.gov/nceh/lead/>

Consumer Product Safety Commission  
<http://www.cpsc.gov/>

Hawaii Poison Center  
1-800-222-1222



The Hawaii State Department of Health provides access to activities with out regard to race, color, national origin, language, age, sex, gender identity or expression, sexual orientation, religion, or disability. Write our Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378, or call (808)586-4616 (voice/TTY) within 180 days of a problem.

September 2018



## PLAYING AROUND WITH LEAD:



*How to Keep Kids Safe in Preschool and Child Care*

# LEAD POISONING IS PREVENTABLE

## KEEP YOUNG CHILDREN SAFE FROM LEAD EXPOSURE



### Lead exposure affects young children

Lead exposure is harmful to young children because their bodies are still developing and absorb more lead. The most common way children are exposed is by swallowing or breathing in lead.

### NO amount of lead in the body is safe

Your child may not seem sick, but lead can still affect their health and brain development. Lead poisoning can damage your child's hearing and speech. It can also cause learning and behavior problems in school.

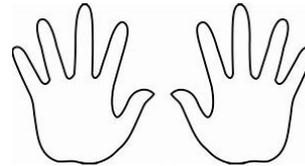
### Sources of lead may include:

- Lead-based paint in facilities built before 1978
- Soil contaminated with lead
- Lead contaminated drinking water
- Pottery and ceramic dishes made with lead pigments or glazes
- Residual lead brought into work from staff hobbies like car repair, making lead fishing sinkers and making stained glass
- Old toys, costume jewelry

## THINGS YOU CAN DO TODAY!

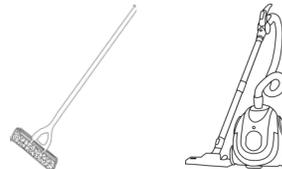
### WASH HANDS

- Have children wash their hands and face before eating and after playing outside
- Have staff wash their hands with soap and water regularly



### CLEAN OFTEN

- Clean classroom toys at least once a day
- Clean hard surfaces using disposable dry dusters and wet methods to avoid spreading lead dust
- Clean carpet with a HEPA-filter equipped vacuum
- Throw away sponges, rags, and paper towels after cleaning



### HEALTHY DIET

- Provide children with regular meals and snacks, since more lead is absorbed on an empty stomach
- Give children **low fat** foods containing **calcium**, **iron** and **vitamin C** to reduce the amount of lead absorbed by the body

### USE COLD WATER

- Run cold water for at least 1 minute if the faucet has not been used for more than 6 hours
- **DO NOT** cook, drink or prepare formula from the hot water tap

### OTHER THINGS YOU CAN DO

- Be sure that food and drink is served in lead-free glasses and containers
- Keep children away from areas with peeling paint
- Keep children away from repair and construction areas

### QUESTIONS TO CONSIDER

- Was your child care center built before 1978?
- Is there any peeling paint inside or outside of your child care center?
- Are there ongoing construction or renovation projects?
- Is the playground area covered in bare soil?
- Is the playground structure painted with lead-based paint? Is the paint in good condition?
- Do any staff have hobbies that involve lead?
- Do classroom toys that children play with contain lead?
- Do children and staff regularly wash their hands with soap and water?