

Health Beat

Blood Lead Testing:

- September 10th—12th.
- 5:30 to 8:30 p.m.
- 306 E. Main Street (East Helena City Hall)
- Appointments are required.
- Call the LEAP to make an appointment at 457-8583.
- All screening participants receive a free one topping pizza and a soft drink.

Blood Lead Levels in Children

Who Can Get Lead Poisoning?

Anyone!

Children between the ages of 6 months and 6 years of age are at greater risk for lead exposure, because they engage in hand-to-mouth behavior. Children's bodies are still developing and are more susceptible to lead poisoning.

Your child may not exhibit any signs of having been exposed to lead. Continued exposure could result in elevated blood lead levels.

Higher blood lead levels can affect a child's overall development. The nervous system and organs that produce blood are most susceptible to high lead exposure.

The only way to know whether your child has been exposed to lead is to have a blood lead test done. Testing is quick, simple and available free of charge to all East Helena residents. Call the East Helena Lead Education and Abatement Program (LEAP) at 457-8583.



Children can be exposed to lead in houses built before 1978 that may contain lead-based paint. Lead can be found in dust, soil and paint, which your children can ingest or inhale.

LEAP to Host Blood Lead Screening Event in Sept.

The LEAP will host a blood lead screening event for all East Helena area residents September 10-12, from 5:30 to 8:30 p.m. LEAP would like to test all ages of children, but especially those between 9 months to 6 years of age. All participants in the blood lead screening, regardless of age, will receive a coupon for a free single-topping pizza and a soft drink. Appointments are required for all testing. To make an appointment call the **LEAP at 457-8583.**



Lead and Nutrition

Frequently Requested Phone Numbers, Websites

- East Helena Lead Program:
406-457-8583
- Lewis and Clark City-County
Health Department and Coop-
erative Health Center: 406-
443-2584
www.lewisandclarkhealth.org
- City of East Helena:
406-227-5321
- EPA: 406-457-5000
www.epa.gov/opptin/lead
- Consumer Product Safety
Commission: 800-638-2772
www.cpsc.gov
- Centers for Disease Control:
[www.cdc.gov/nceh/programs/
lead/lead](http://www.cdc.gov/nceh/programs/lead/lead)
- Montana Department of Envi-
ronmental Quality:
www.deq.mt.gov

What your child eats affects how much lead is absorbed into your child's system. Making good food choices can go a long way in the fight against lead poisoning. You can help protect your child from lead poisoning by serving foods high in iron, calcium and vitamin C.

Foods High in Calcium

- ◆ Milk, eggs, tofu, cheese, yogurt, cottage cheese
- ◆ Greens, broccoli, kale, dark leafy vegetables
- ◆ Salmon, sardines

Foods High in Iron

- ◆ Iron-fortified cereals
- ◆ Chicken, turkey, lean meats
- ◆ Cooked dried beans or peas
- ◆ Raisins, nuts, sunflower seeds

Foods High in Vitamin C

- ◆ Oranges, grapefruit, tangerines, strawberries, cantaloupe
- ◆ Juices (orange, grapefruit, lemonade, tomato)

How can I protect my children from lead poisoning?

Here are some things that you can do every day to protect your children from blood lead poisoning:

- ◇ Encourage your children to play on grass or other areas where the soil is covered; teach them to avoid dusty streets and bare soil.
- ◇ Keep paint in good condition if your house was built before 1978.
- ◇ Clean up paint chips and dust from window sills and troughs with a wet cloth.
- ◇ Use a wet mop to clean floors.
- ◇ Clean your carpets, floors and inside window sills with a HEPA (call the LEAP to find out more about our free HEPA vacuum rental program).
- ◇ Be sure your children eat a well-balanced diet.
- ◇ Always have your children wash their hands before eating and after playing outside.
- ◇ Wash your children's toys often.
- ◇ Get your children tested! Even children who appear healthy may have elevated blood lead levels. Call the LEAP for more information, 457-8583.