

HIGH RISK ZIP CODES IN CLARK COUNTY

45502, 45503, 45504, 45505, 45506, 45324, 43078, 43140, and 45387 -- ALL Springfield zip codes are high-risk

HOW TO CLEAN

When cleaning, pay attention to the area around windows and doors. Friction generated by opening and closing the windows and doors can create lead dust which is spread when dry dusting and sweeping with a broom. Use wet cleaning methods, dust with a wet rag and use a damp mop.

DIET

Regular meals throughout the day are important since empty stomachs absorb lead more easily. Food high in Calcium, Iron, and Vitamin C helps reduce lead absorption, keeping lead from entering the bones and blood.

GOOD FOODS TO EAT

- Lean red meat, fish, chicken
- Milk, yogurt, cheese
- Spinach, kale, collard greens, green peppers
- Oranges, grapefruit, raisins



WHAT'S NEXT

If your home was built before 1978, there is a good chance your house contains lead-based paint. If you decide to make repairs or remodel, be sure to use lead safe practices or hire a lead licensed contractor. Disturbing lead-based paint is dangerous as it can create lead dust which is easily inhaled or swallowed. Visit the CCCHD website - Lead Safety at Home for details.


HAVE YOUR CHILD TESTED

Testing your child is the only way to know if they have been lead poisoned. This test is a finger stick and only takes a few minutes. Testing can be done by your pediatrician or at the CCCHD. At CCCHD, we take Medicaid and most private insurances, but nobody will be turned away for an inability to pay. Call (937)-390-5600 to schedule a test today.

*Clark County
Combined
Health District*



**LEAD DANGER:
WHAT YOU
NEED TO KNOW**

 (937)-390-5600

 www.ccchd.com

 529 E. Home Rd, Springfield, OH



WHERE IS LEAD FOUND

The most common source of lead is deteriorating lead-based paint. Chipping and peeling paint can generate lead dust which is easily breathed in or ingested.

WHY IS LEAD DANGEROUS

Most children with lead poisoning do not look or act sick. Children 6 and younger are most at risk for lead poisoning because their bodies are rapidly growing. Lead poisoning rates are higher in some African Americans.

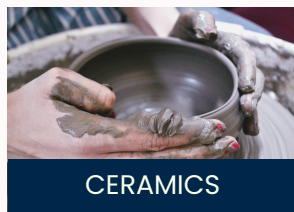
EFFECTS OF LEAD POISONING

- Learning and behavioral problems
- Hearing and speech problems
- Decreased ability to pay attention
- Damage to the brain and nervous system
- Slowed growth and development
- Lower IQ
- Under performance at school

EXPOSED CAREERS



EXPOSED HOBBIES



PRODUCTS LEAD COULD BE IN

- Antique toys / furniture
- Traditional cosmetics
- Imported food
- Folk remedies



LEAD IN SOIL

Due to contamination from industry and leaded gasoline, there is lead in soil that can be tracked in by people and pet feet. Children should not play in bare dirt but if they do, be sure they thoroughly wash their hands.

WHAT YOU CAN DO

Testing is the only certain way to identify lead poisoning. Physicians are legally required to test children living in high-risk zip code areas for lead at ages 1 and 2 as well as children on Medicaid and children with other risk factors. Any child that spends 6 or more hours in a building that was built before 1978 is at risk for lead poisoning and testing is recommended.