



Siouxland Healthy Homes Coalition

February 2024 Newsletter

Childhood Lead Poisoning Prevention

Vision:

Working to create safe and healthy homes to support a healthy community.

Mission Statement:

The Siouxland Healthy Homes coalition is a comprehensive approach to: Educate and partner within the community to promote the 8 principles of a healthy home. Keep it Dry, Keep it Clean, Keep it Pest-Free, Keep it Ventilated, Keep it Safe, Keep it Contaminant-Free, Keep it Maintained, Keep it Thermally Controlled.

Core Values:

- Health focused
- Educating
- Advocating
- Leading
- Training
- Hearing the community
- Yielding results
- Helping
- Optimizing
- Motivating to action
- Engaging community partners
- Sustaining

For resources and to learn more about the Siouxland Healthy Homes coalition go to: www.siouxlanddistricthealth.org and search for "Healthy Homes".

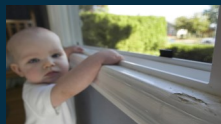
Lead Poisoning Facts*

- Lead is highly toxic
- Lead can negatively affect every organ system in the body
- There is no "safe" level of lead in the body
- Most lead poisoned children do not look or feel sick
- Children are most vulnerable to the effects of lead poisoning
- Lead poisoning has been linked to ADHD and developmental delays

*Source: www.cdc.gov

What causes lead poisoning?

- Lead based paint in homes built before 1978 is the #1 cause of lead poisoning in the state of Iowa
- Deteriorated lead based paint can turn into a lead dust that the eye cannot see
- Lead dust can collect on the floor or other areas of the home
- Children can become lead poisoned by touching, swallowing and/or inhaling the lead paint and/or lead dust



This surface is considered a "chewable" and may contain lead



Deteriorated lead based paint has a "alligator" type cracking



Antiques and/or vintage items may also contain lead based paint

Testing:

- The only way to know if your child has lead poisoning is through a blood lead test, speak with your child's health care provider about testing
- If a child lives in or frequently visits a home built before 1978, it is recommended to test for lead poisoning more often

If you live in a home or visit a home that was built before 1978:

- Make it a habit to wash hands, toys, blankets, bottles, pacifiers, etc. regularly
- Use "wet" cleaning methods and do not "dry dust" as that can stir the lead dust
- Use a HEPA filter vacuum
- Take shoes off at the door
- For residents who live in Sioux City, a lead hazard control grant may be available to help fix the lead hazards in your home - www.sioux-city.org
- Follow the EPA rules/guidelines when repainting/refurbishing and/or painting a property built before 1978 - www.epa.gov/lead
- Be cautious of purchasing and/or refurbishing antique items such as old windows and doors, as they also may contain lead paint

For more information about lead safety visit www.hhs.iowa.gov and search for "lead"

Upcoming Healthy Homes Meeting Date: March 18, 11:00 a.m. - 1:00 p.m.

New members are always welcome! Please contact Alicia Sanders for more information: asanders@siouxlanddistricthealth.org.



The Siouxland Healthy Homes Coalition is coordinated by the Siouxland District Health Department
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www.siouxlanddistricthealth.org