



Gardening in the Omaha Lead Superfund Site

Fall, 2007

If you eat vegetables grown in soil that contain lead, lead can get into your body. This could cause health problems. To lower the amount of lead that gets into your body when you eat vegetables grown in your garden, follow these simple steps:

✔ **Clean vegetables well before cooking or eating.**

- Throw away old and outer leaves of vegetables.
- Wash all vegetables with cold water. Scrub vegetables with a brush to help remove dirt. Rinse vegetables well before eating.
- Scrub and peel root crops such as carrots, potatoes, turnips, and onions before eating them.

✔ **Avoid planting root crops in contaminated soils or grow vegetables in raised beds or containers.**

- Grow crops such as tomatoes, peppers, squash, cucumbers, peas, beans, or corn. They are less likely to absorb lead.
- Grow leafy vegetables such as lettuce and root crops (carrots, potatoes) in containers or raised beds filled with lead-free soil. You can purchase lead free soil from nurseries or garden stores.

✔ **Do...**

- Add peat moss, compost, or manure to your soil. These bind the lead in soil so that vegetables absorb less lead.
- Keep soil pH at 6.5 or higher so that plants will absorb less lead.
- Cover all bare soil in the garden with 2 to 4 inches of lead-free mulch such as wood chips, grass clippings, lead-free soil, or compost.



Do not...

- Grow vegetables in the drip zone and around the foundation of older buildings.
- Grow root crops and low-growing leafy vegetables in soil that contains more than 1,000 parts per million of lead.
- Garden in soil that contains more than 1,500 parts per million of lead.



If you have questions about lead in your soil call your state or local health department.

**Health and Risk Assessment Program,
MO Department of Health and Senior Services
(573) 751-6102**



ATSDR

The Agency for Toxic Substances and Disease Registry, a public health agency located in Atlanta, Georgia and in Region VII.



Get your child tested for lead today!

Most lead poisoned children do not act or look sick.

The only way to know if your child has lead poisoning is to have a blood lead test.

Children 6 years and younger are more likely to have lead poisoning.

Call your doctor or clinic today to get your child tested.



Fight Lead Poisoning by Eating Healthy Foods

Spring, 2008

Eating healthy foods may help keep lead out of your child's body and help prevent lead poisoning. Lead poisoning can cause learning, hearing, and behavioral problems and can harm your child's brain, kidneys, and other organs. Some of these health effects can last a lifetime.

Fight lead poisoning by feeding your child healthy foods.

✔ Feed your child often

- Feed your child 3 healthy meals a day and at least 2 healthy snacks. Children with empty stomachs get more lead into their bodies than children with full stomachs.

✔ Feed your child iron-rich foods

- Lean red meats, fish or chicken
- Cereals high in iron
- Dried fruits such as raisins or prunes

✔ Feed your child calcium-rich foods

- Milk, yogurt, cheese
- Green leafy vegetables (spinach, kale, collard greens)

✔ Feed your child foods high in Vitamin C

- Oranges or orange juice and grapefruits or grapefruit juice
- Tomatoes, tomato juice
- Green peppers

✔ Do...

- Wash hands before fixing food and before eating food.
- Bake or broil food instead of frying.
- Eat less high fat foods such as French fries, hot dogs, and potato chips. Your body is more likely to absorb lead when you eat foods high in fat.
- Use only cold water from the tap for drinking, cooking, and for making baby formula. Hot water is more likely to contain lead. Run cold water 30 to 60 seconds before using.

✘ Do not...

- Store food in glazed pottery from other countries. The glaze may release lead into the food.



Questions about lead?

Call your doctor or health care provider, or your local health department.

**Customize here
with your health
department name
and contact
information.**

**This fact sheet is
provided by (name
of your agency)
and the Agency for
Toxic Substances
and
Disease Registry.**

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ATSDR
AGENCY FOR TOXIC SUBSTANCES
AND DISEASE REGISTRY



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Protect Your Family from Lead in Your Home

Fall, 2007

If you live in an area where the soil contains lead, the dust in your house may also contain lead. Lead in soil can be tracked into your house on shoes, clothes, and pet fur and paws, and by other ways. Children are likely to eat house dust and dirt that may contain lead while they are playing on the floor. Lead can build up in children's bodies and can cause lead poisoning.

To protect your family from lead in your home follow these simple steps:

- ✔ **Keep your child's hands and toys clean.**
 - Wash your child's hands after the child plays outside, before they eat, and at bedtime.
 - Wash your child's toys, bottles and pacifiers often.
 - Do not let your children put dirty hands, toys, or other things that might have dust on them in their mouths.

- ✔ **Before you remodel or repair your house take "lead-safe" worker training to learn how to lower the amount of lead dust made while working. Even better, consider hiring a professional trained in lead-safe work practices.**

- ✔ **Clean your house often to remove lead tracked into the house from soil, and lead in house dust.**
 - Clean your home weekly to keep it as dust free as possible. Clean floors, window sills, doorframes, and baseboards with soap and water.
 - Use a vacuum with a HEPA filter. To borrow a vacuum with a HEPA filter call the Lead Safe Omaha Coalition at (402) 451-3730.

- ✔ **Use washable rugs at all doors going into the house. Take shoes off at the door.**
 - Put washable doormats or rugs at all entries to your home. Have everyone wipe their feet before entering the house, so that lead-containing soil and dust will not be tracked into the house.
 - Wash doormats, rugs and cleaning rags often. Wash these items separately from other family laundry. Wash rags before reusing.
 - Leave shoes at the door so lead in soil will not be tracked in the house.



Questions about lead?

Call your doctor or health care provider, or the Douglas County Health Department Lead Program at (402)444-7825.

Free Yard Testing!

To get your yard tested for lead call the Environmental Protection Agency Information Center at (402)731-3045.

ATSDR and CAG

The Agency for Toxic Substances and Disease Registry, a public health agency located in Atlanta, Georgia and the Community Advisory Group (CAG), a local citizens group, developed this flier.



Get your child tested for lead poisoning today!

Most lead poisoned children do not act or look sick.

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Children 6 years and younger are more likely to have lead poisoning.

Call your doctor or clinic today to get your child tested.



Protect Your Family from Lead in Your Yard

Fall, 2007

Eating or swallowing soil that contains lead is a common way of getting lead into your body. Children get lead in their bodies when they put their hands, toys or other items covered with lead soil and dust in their mouths. When lead gets into your body, it may cause health problems.

To lower the amount of lead that gets into your body from soil, follow these simple steps:

- ✓ **Do not let children play in dirt that contains high amounts of lead.**
 - Have children play only in grassy areas
 - Keep children from playing in bare dirt.
 - Cover bare dirt with grass, bushes or 4 to 6 inches of lead-free wood chips, mulch, soil or sand.

- ✓ **Protect your family from lead-based paint in the yard.**
 - Keep your family, especially young children, away from areas in the yard where paint is peeling or chipping, such as from old porches, fences, or houses.
 - Do not try to remove lead paint yourself unless you have been trained to follow lead-safe work practices. Hire a professional lead specialist who follows lead-safe work practices.
 - If you paint over lead-based paint, use special paint that will seal in the old paint.

- ✓ **Keep children's hands and toys clean.**
 - Wash children's hands before they eat any food, especially if they have been playing outside.
 - When eating outdoors, be sure hands are cleaned and never eat in an area where there is bare soil.
 - Do not let your children put toys, dirty hands, paint chips, or other things that might have lead dust on them into their mouths



Questions about lead?
Call your doctor or health care provider, or the

**Health and Risk
Assessment
Program,
MO Department of
Health and Senior
Services
(573) 751-6102**



ATSDR
The Agency for Toxic Substances and Disease Registry, a public health agency located in Atlanta, Georgia with Regional Representatives in Region VII
(913) 551-1314



Get your child tested for lead today!

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Call your doctor or clinic today to get your child tested.



Protect Your Family from Lead in Your Home

If the soil in your yard contains lead, it can be tracked into your house on shoes, clothes, and pet fur and paws, and by other ways. To protect your family from lead in your home follow these simple steps:



Call the St. Francois
County Health Department
at
(573-431-1947), or your
doctor, today to get your
child tested.

Keep your child's hands and toys clean.

- Wash your child's hands after the child plays outside, before they eat, and at bedtime.
- Wash your child's toys, bottles and pacifiers often.
- Do not let your children put dirty hands, toys, or other things that might have dust on them in their mouths.

Clean your house often to remove lead tracked into the house from soil, and lead in house dust.

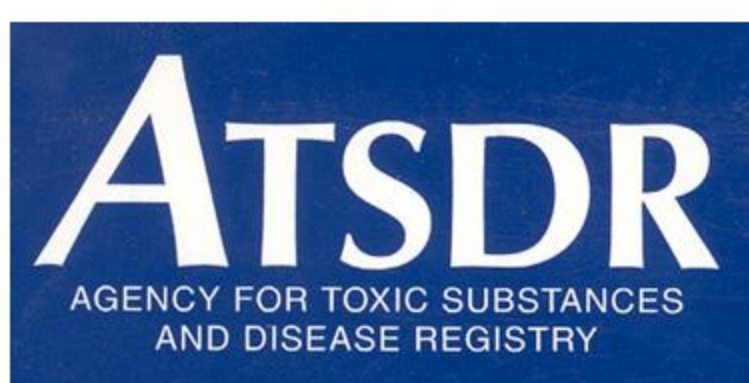
- Clean your home weekly to keep it as dust free as possible. Clean floors, window sills, doorframes, and baseboards with soap and water.
- Use a vacuum with a HEPA filter.

Use washable rugs at all doors going into the house. Take shoes off at the door.

- Put washable doormats or rugs at all entries to your home. Have everyone wipe their feet before entering the house, so that lead-containing soil and dust will not be tracked into the house.
- Wash doormats, rugs and cleaning rags often. Wash these items separately from other family laundry. Wash rags before reusing.
- Leave shoes at the door so lead in soil will not be tracked in the house.

Stay away from lead-based paint.

- Check your home for chipping or peeling paint—especially the windows and porches, if your house was built before 1978.
- Make repairs as soon as possible;
- Notify your landlord of possible lead hazards that need repairing.



The Agency for Toxic Substances and Disease Registry (ATSDR), a public health agency, developed this poster. To contact the ATSDR Regional office call (913) 551-1314.



Lead Poisoning in Children

Spring, 2008

Children can be exposed to lead in soil by putting their hands or toys in their mouths. Other ways children can get lead poisoning are by eating or drinking from imported lead-glazed pottery, eating Mexican candy such as Lucan Limon and Vergo Mango, or from putting jewelry made from lead in their mouths. Many houses built before 1978 have lead-based paint. The paint may chip and flake and be ground into tiny bits. These bits of lead become part of the dust and soil in and around our homes. Children can get dust and soil into their bodies because they are likely to put their hands or toys in their mouths. When too much lead builds up in the children's bodies, they can get sick even though they may not look or act sick.

Most children show no symptoms of lead poisoning. Signs of lead poisoning can often be mistaken for other illnesses.

Symptoms of lead poisoning, if they occur, are

- Tiredness or restlessness
- Headache
- Stomach ache or vomiting
- Constipation
- Irritability

Lead poisoning can lead to

- Learning problems
- Behavioral problems
- Hearing problems
- Lower IQ
- Kidney damage

Children who do not have lead poisoning may also show some of these symptoms from time to time. Many of the symptoms of lead poisoning may also be caused by other health conditions or by learning and behavior problems.

The health problems caused by lead poisoning can last a lifetime if left untreated.



If you have questions about lead in drinking water call your state or local health department.

Customize here with your health department name and contact information.

This fact sheet is provided by (name of your agency) and the Agency for Toxic Substances and Disease Registry.

Your logo
here



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Stay Healthy During Pregnancy for Your Baby's Sake... and Yours!

Spring, 2008

Lead can get into your body many ways. You can breathe in dirt or dust that contains lead. Cookware and some glazed pottery may release lead into food. Some folk remedies and cosmetics contain high levels of lead. Even lead you were exposed to as a child may still be stored in your bones and be released into your blood stream during pregnancy. The lead in your blood stream can pass into your baby's body and cause the baby to have health problems.

Follow these easy steps to lower lead exposure, and protect your unborn baby:

- ✔ **Keep lead out of your food**
 - Wash your hands and countertops before you prepare food.
 - Wash your hands before you eat or serve food.
 - Wash vegetables before cooking them or eating them raw.
- ✔ **Cook, serve, and store food in lead-free containers.**
 - Use only glazed pottery that is labeled "lead-free: for cooking, serving, or storing food."
 - Mexican bean pots, and other pottery and ceramics may contain lead and should not be used for cooking, serving, or string food.
- ✔ **Eat foods high in iron, calcium, and zinc.**
 - Eat foods high in iron (eggs, raisins, greens, beans, peas), calcium (milk, cheese, yogurt) and zinc (led red meat). These foods may help your body absorb less lead.
- ✔ **Clean your home weekly to keep it as dust free as possible.**
 - Clean floors, window sills, doorframes and baseboards with soap and water.
 - Place washable doormats or rugs at all entries to the home. Wash doormats and rugs separately from other laundry.
 - Wipe feed before entering the house. Leave shoes at the door so that dirt and dust that may contain lead will not be tracked into the house.
- ✘ **Do not use home remedies or cosmetics produced outside the United States.**
 - Know that azarcon, greta, and some cosmetics contain high levels of lead.



Do you plan to have a baby?

If you are pregnant or planning to become pregnant, talk to your health care provider about getting your blood tested for lead, especially if you have been using dishes, cookware, or other products that you think could contain lead.

Customize here with your health department name and contact information.

This fact sheet is provided by (name of your agency) and the Agency for Toxic Substances and Disease Registry.

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Protect Your Family from Lead in Drinking Water

What is lead and how is it used in household water systems?

- Lead is a metal that can be found in air, soil, dust, food and water.
- Houses, especially if built before 1986, may have lead water pipes or pipes joined with lead solder.
- Lead may be found in brass water fixtures and faucets.
- Plumbing in new homes may also contain lead because “lead-free” plumbing can contain up to 8 percent lead.

How can lead get into your drinking water from?

- naturally occurring lead in the earth in central Missouri.
- lead mining and smelting operations.
- through corrosion of water pipes, brass fixtures and faucets, fittings, and solder that contain lead in your household plumbing. Corrosion is a reaction between the water and household plumbing that can release lead from the plumbing into the water.

How can lead get into your body and make you sick?

- People can breathe or swallow lead.
- The main exposure to lead for most children is from swallowing lead paint chips or breathing dust that contains lead.
- Children can also drink water that contains lead. This will add to the amount of lead in their bodies.
- Drinking or cooking with water that contains lead can allow the lead to build up in peoples bodies causing lead poisoning. Even at low levels lead can cause health problems.



If you have questions about lead in drinking water contact your local or state health department.

County 1
Phone number 1
E-mail 1

County 2
Phone number 2
E-mail 2

County 3
Phone number 3
E-mail 3

Missouri Department of Health and Senior Services
Phone number
E-mail

Add MDHSS and ATSDR logos here.

Symptoms of lead poisoning, if they occur, are:

Tiredness or restlessness
Headache
Stomach ache or vomiting
Constipation
Irritability

Lead poisoning can lead to:

Learning problems
Behavioral problems
Hearing problems
Lower IQ
Kidney damage