The Childhood Lead Poisoning Prevention Program

The Nebraska Childhood Lead Poisoning Prevention Program has successfully helped to lower many children's blood lead levels through educating parents on lead hazards. The program keeps track of children who have had their blood lead levels tested. For parents of children with elevated blood levels, we provide education to show them the lead hazards in their environment and safe options for remediating those hazards.

We also provide comprehensive literature on lead with information on:

- **Lead's Harmful Effects**
- **Finding Lead Hazards in Your Home**
- **Safe Ways to Reduce These Lead Hazards**

Additional resources

- **Environmental Protection Agency**
  www.epa.gov/lead/pubs/leadinfo.htm
- **Centers for Disease Control and Prevention**
  www.cdc.gov/nceh/lead/
- **U.S. Consumer Product Safety Commission**
  www.cpsc.gov
- **Omaha Healthy Kids Alliance**
  www.omahahealthykids.org

For more information

If you would like more information regarding lead and lead poisoning, please write or call:

In Nebraska:
Childhood Lead Poisoning Prevention Program
Nebraska Department of Health and Human Services
301 Centennial Mall South
P.O. Box 95026
Lincoln, NE 68509-5026
402-471-0386 or 888-242-1100, ext. 3

www.dhhs.ne.gov/lead

In Douglas County:
Douglas County Health Department
Childhood Lead Poisoning Prevention Program
1111 South 41st Street, Suite 130
Omaha, NE 68105
402-444-7825

www.douglascountyhealth.com/lead-poisoning-prevention

In Lancaster County:
Lincoln-Lancaster County Health Department
3140 N Street
Lincoln, NE 68510
402-441-8000

lincoln.ne.gov/city/health/

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DEPT. OF HEALTH AND HUMAN SERVICES

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Childhood Lead Poisoning Prevention

Protecting Nebraska's Children From Lead

Nebraska Department of Health
and Human Services
Division of Public Health

Thousands of Nebraska children have had elevated blood lead levels.

The most common sources of exposure include:

- **Lead-Based Paint**
  Lead dust, which is invisible, is created from deteriorated lead-based paint. It is the main cause of lead poisoning in Nebraska's children. Lead-based paint is especially subject to friction around windows, in window troughs (wells), and on sills and sashes. Lead was banned for use as an additive to paint in 1978, with sharp decline in its use from 1960 to 1978.
- **Lead-Contaminated Soil**
  Soil often becomes contaminated by deteriorated exterior lead-based paints and old leaded gasoline.
- **Occupational Exposure**
  Workers may bring lead home with them, contaminating their homes.
- **Hobbies**
  Stained glass, fishing sinkers, automotive repair, reloading ammunition.
- **Dishes**
  Imported, ceramic, lead crystal, potter glazes.
- **Some Plumbing Fixtures**
- **Some Toys, Imported Candy, and Jewelry**

Why is lead dangerous?

Lead may harm a child's brain and central nervous system. Even low blood lead concentrations could cause irreversible damage, such as:

- **Impaired Development**
- **Delayed Development**
- **Behavioral Problems**
- **Hearing Loss**

Which children should be tested for lead? Consider these points:

- **Geography**
  All children living in certain zip codes (find these at: www.dhhs.ne.gov/lead) should be tested.
- **Medicaid and WIC**
  All children insured by Medicaid must be tested, and children enrolled in WIC are referred for lead testing.
- **Questionnaire**
  If any of the six questions at our Web site can be answered yes about a child, the child should be tested for lead. These questions ask about the age of the child's home and other houses where they spend time; friends and family who have had lead poisoning or have jobs, hobbies, or cultural practices involving lead; and special populations such as refugees or migrants the child may be part of.

How can you protect your child from lead?

- Check your home for possible lead hazards as listed on our Web site: www.dhhs.ne.gov/lead.
- Wash your children's hands often – especially before they eat or sleep.
- Keep your child's living and play areas clean and dust-free.
- Do not let children put their hands, dirt, toys, or other nonfood items in their mouths.
- Provide your children with plenty of calcium (milk, yogurt, and cheese) and iron (meats, peanut butter, and green leafy vegetables).
- Keep out of children's reach all vinyl mini-blinds that are not made in the USA or that do not specifically say "lead-free."

If your home was built before 1978:

- Before remodeling a home built before 1978, have it tested for lead-based paint and check for safe remodeling procedures at our Web site: www.dhhs.ne.gov/lead.
- Never DRY scrape, sand, power wash or sandblast possible lead-based paint. Wet sanding and scraping is acceptable with proper clean up.