



CHATTING ABOUT HEALTH

Childhood Lead Poisoning

No safe blood lead level in children has been identified.

Even low levels have been shown to affect learning, attention, and academic achievement.

Childhood lead exposure is preventable.

Lead Exposure Sources

- Chipping or peeling paint containing lead
- Water from lead pipes
- Contaminated soil
- Some imported candies and toys



Children younger than 6 are more likely to be exposed because of their hand-to-mouth behavior.

Health Effects of Lead Exposure

- Brain/nervous system damage
- Slowed growth and development
- Learning and behavior problems
- Hearing and speech problems

Many children who have lead poisoning look and act healthy.

A blood lead test is the best way to find out if a child has lead poisoning.

- During a capillary blood lead test, a small amount of blood is taken from the finger, heel, or arm and tested for lead.
- If lead is detected in the capillary sample, a healthcare provider may order a follow up venous blood draw to confirm the blood lead level.
- Any amount of lead in the blood means the child has been exposed and may still be exposed to lead in their environment.



- If a child has lead in their blood above the CDC reference value (3.5µg/dL), their doctor may recommend follow-up services including
 - finding and removing lead from the environment
 - feeding the child a diet high in iron and calcium
 - connecting the child to early educational services
 - scheduling follow-up blood testing



Learn more from CDC

<https://www.cdc.gov/nceh/lead/default.htm>

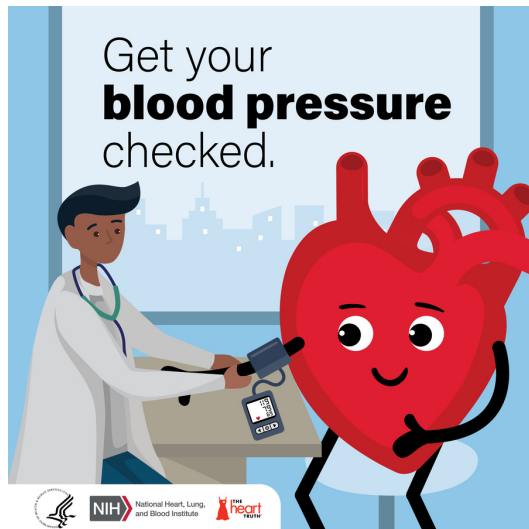
February is American Heart Month

You have the power to take action to protect yourself against heart disease.

Small heart-healthy actions can have a big impact!



A healthy diet, physical activity and medication can improve your cholesterol levels and keep them in a healthy range.



High blood pressure increases the risk for heart disease and stroke. Talk to your doctor about managing your blood pressure lowering your risk.



At least 150 minutes of exercise for adults every week can help keep #OurHearts healthy.



Making heart-healthy meals with a family member is a great way to keep to your goals of eating healthier.

Learn more



<https://www.cdc.gov/heartdisease/index.htm>



<https://www.cdc.gov/cholesterol/index.htm>



<https://www.cdc.gov/bloodpressure/index.htm>

FLU AND COVID-19 VACCINES

Visit CDC to learn more about current COVID-19 vaccine recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>



Chatham Health District will be offering flu and COVID-19 vaccines this year.

Visit our website chathamhealth.org to see our clinic schedule

