Annual Report on Elevated Blood Lead Levels for Children 0 – 72 Months Old
as required by Neb. Rev. Stat. § 71-2518

Presented to Governor Dave Heineman
and the Health and Human Services Committee of the Legislature

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AA/EOE/ADA
In April 2012, Legislative Bill 1038 was passed which required that the Division of Public Health establish a Lead Poisoning Prevention Program to include the following duties:

- Develop a statewide blood lead risk assessment/blood lead testing plan
- Develop educational materials targeted to health care providers, child care providers, public school personnel, owners and tenants of residential dwellings, and parents of young children.
- Initiate contact with the local public health department or the physician when a child has an elevated blood lead level (EBLL) and offer technical assistance
- Report annually to the legislature

This report provides a summary of the progress that has been made in the establishment of the duties prescribed above.

**Statewide Plan Development**

DHHS developed a statewide Plan with three criteria for testing children for lead poisoning. The first criterion is geography. To isolate important geographic variables, DHHS studied surveillance and demographic data, the percentage of older housing, and locations of known lead sources. The methodology used determined zip codes that historically have had increased risk of lead exposure. These include the Omaha Superfund Site (Baseline Human Health Risk Assessment, Omaha Lead Superfund Site, DHHS, 2004) as well as those zip codes with at least 5 lead poisoning cases between 2009 and 2011 and with more than 27% of the housing stock built before 1950. These zip codes are re-evaluated annually and will be updated as necessary.

The second criterion of the plan states what is currently required by the Medicaid and Women, Infants, and Children (WIC) programs. All children insured by Medicaid must be tested. No exceptions or waivers currently exist. WIC requires that upon enrollment of a child, the parent must be asked if the child has had a blood lead test. If the child has not had a test, they must be referred to programs where they can obtain such a test (Federal Policy MPSF-WC-01-05-P).

The third criterion of the plan consists of a questionnaire designed to identify risks not addressed by the other criteria. The child’s parents or guardians should be asked specific exposure questions to determine each child’s risk. If the response to any of the questions is “yes” or “don’t know,” the child should be tested. The questions are as follows:

1. Does the child live in or often visit a house, daycare, preschool, home of a relative, etc., built before 1950?
2. Does the child live in or often visit a house built before 1978 that has been remodeled within the last year?
3. Does the child have a brother, sister or playmate with lead poisoning?
4. Does the child live with an adult whose job or hobby involves lead?
5. Does the child’s family use any home remedies or cultural practices that may contain or use lead?
6. Is the child included in a special population group, i.e., foreign adoptee, refugee, migrant, immigrant, foster care child?

This Statewide Blood Lead Testing Plan has been sent to all members of the Nebraska Medical Association. It is available on the DHHS website at: dhhs.ne.gov/lead.

The current plan is summarized on the following chart:
Nebraska DHHS Division of Public Health/Childhood Lead Poisoning Prevention Program

Statewide Blood Lead Risk Assessment/Blood Lead Testing Plan

Three Criteria for Testing a Child for Lead Poisoning

<table>
<thead>
<tr>
<th>CRITERION 1</th>
<th>GEOGRAPHY</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Children Living in One of Nebraska’s Targeted Communities for Lead Assessment/Testing</td>
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<table>
<thead>
<tr>
<th>CRITERION 2</th>
<th>MEDICAID AND WIC</th>
</tr>
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<tbody>
<tr>
<td><strong>Medicaid:</strong> ALL CHILDREN INSURED BY MEDICAID MUST BE TESTED—NO EXCEPTIONS OR WAIVERS EXIST.</td>
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<tr>
<td><strong>WIC:</strong> Federal Policy (MPSF:WC-01-05-P) requires that upon enrollment of a child, the parent must be asked if the child has had a blood lead test. If the child has not had a test, they must be referred to programs where they can obtain such a test</td>
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<table>
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<tr>
<th>CRITERION 3</th>
<th>QUESTIONNAIRE</th>
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<tr>
<td>For Children NOT Enrolled in Medicaid or WIC And Children NOT Residing within a Target Community</td>
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</table>

DHHS strongly recommends that all children living in these communities be tested for lead poisoning at 12 and 24 months of age. Children between 25 and 72 months of age need to be tested as soon as possible, if not previously tested.

Please note that targeted communities may change as more blood lead data is obtained. Zip codes will be re-evaluated annually and posted each July at [www.dhhs.ne.gov/lead](http://www.dhhs.ne.gov/lead).

**Medicaid:** CMS (Centers for Medicare and Medicaid Services) requires that all children receive a screening blood lead test at 12 months and 24 months of age. Children between the ages of 36 months and 72 months of age must receive a screening blood lead test if they have not been previously screened for lead poisoning. A blood lead test must be used when screening Medicaid-eligible children.


**WIC:** For every child age 12 months and older, during the Nutrition Risk Assessment, WIC staff will ask the question “Has your child had a blood lead test done in the past 12 months?” Document the Yes or No response.

If a child has not had a blood lead test done, staff make and document a referral for a blood lead test back to their healthcare provider or to a lead screening program.

**QUESTIONNAIRE**

1) Does the child live in or often visit a house, daycare, preschool, home of a relative, etc., built before 1950?
2) Does the child live in or often visit a house built before 1978 that has been remodeled within the last year?
3) Does the child have a brother, sister or playmate with lead poisoning?
4) Does the child live with an adult whose job or hobby involves lead?
5) Does the child’s family use any home remedies or cultural practices that may contain or use lead?
6) Is the child included in a special population group, i.e., foreign adoptee, refugee, migrant, immigrant, foster care child?

*For additional information, i.e. jobs, hobbies, home remedies, cultural practices that include lead, visit [dhhs.ne.gov/lead](http://dhhs.ne.gov/lead)*

11/2014
Development of Educational Materials
The DHHS Office of Environmental Health Hazards and Indoor Air continues to update its website to make information more easily attainable. The following brochures were developed last year and have just recently been translated into Spanish:

- Childhood Lead Poison Prevention
- Lead Dust Clean-Up and Control
- Preventing Lead Poisoning in Adults

These brochures are attached and are available on the DHHS website at [dhhs.ne.gov/lead](http://dhhs.ne.gov/lead), along with other educational materials and resources. (The Spanish versions will be available on-line soon).

Initiate Contact with Local Public Health Departments and Physicians
During the first year, a video conference was held with many of the local health departments through the Nebraska Statewide Telehealth Network to discuss the development of the Statewide Blood Lead Testing Plan. Subsequently, the Office of Epidemiology has held conference calls with Surveillance Coordinators at local health departments and have discussed protocols and guidelines for responding to individuals with elevated blood lead levels. The Office of Environmental Health Hazards and Indoor Air continues to communicate with physicians, local health departments, and parents when requests for additional assistance are received.

In addition to updating the DHHS Lead Program website, a PowerPoint presentation was developed to aid staff in health care providers’ offices across the state with learning about the new blood lead testing plan.

Medical guidelines that provide follow-up recommendations for elevated blood lead levels were also developed and made available online. The Medical Management Recommendations for Health Care Professionals are outlined on the attached chart.
Medical Management Recommendations for Health Care Professionals

- There is no safe level of lead in the blood
- Any confirmed level of lead in the blood indicates child has been exposed to lead
- Any elevated capillary test should be confirmed with a venous blood sample
- The following are general guidelines and are adapted from the CDC

### Childhood Blood Lead Testing & Follow-up Recommendations

<table>
<thead>
<tr>
<th>Blood Lead Test Result</th>
<th>Retest using Venous Blood to confirm within:</th>
<th>Recommended Actions based on BLL</th>
<th>Venous Retest Intervals—after recommended actions</th>
</tr>
</thead>
</table>
| < 6 μg/dL              | N/A                                        | • Provide lead education (dietary & environmental)  
|                        |                                             | • Environmental assessment for pre-1978 housing   
|                        |                                             | • Provide follow-up blood lead monitoring        | Retest according to Blood Lead Screening Plan |
| 6 - 9 μg/dL            | 1 – 3 months                               | Above Actions, plus:               | • 3 months for first 2-4 tests                
|                        |                                             | • Complete history and physical exam          | • 6 - 9 months after BLL are declining         |
|                        |                                             | • Lab work: iron status, consider hemoglobin or | • 1 - 3 months for first 2-4 tests**           
|                        |                                             | hematocrit                                | • 3 - 6 months after BLL are declining         |
|                        |                                             | • Refer to health department for environmental | • 1 - 3 months for first 2-4 tests**           
|                        |                                             | investigation                              | • 3 - 6 months after BLL are declining         |
| 10 - 19 μg/dL          | 1 week – 1 month*                          | Recommend lead hazard reduction in home     | • 1 - 3 months for first 2-4 tests**           
|                        |                                             | Neurological, behavioral, and developmental monitoring | • 3 - 6 months after BLL are declining         |
|                        |                                             | • Abdominal X-Ray if particular lead ingestion is | • 2 weeks - 1 month for first 2-4 tests         
|                        |                                             | suspected with bowel decontamination         | • 1 - 3 months after BLL are declining         |
| 20 - 24 μg/dL          | 1 week – 1 month*                          | Above Actions, plus:               | Every 24 hours or as medically indicated       |
|                        |                                             | • Lab work: iron status, hemoglobin or hematocrit, free | Every 24 hours or as medically indicated       
|                        |                                             | • erythrocyte protoporphyrin               |                                                |
|                        |                                             | • Oral Chelation therapy. Consider hospitalization if lead-safe environment cannot be assured |                                                |
| 25 - 44 μg/dL          | 1 week – 1 month*                          | Hospitalize and commence chelation therapy (following definitive venous blood lead test) in conjunction with consultation from a medical toxicologist or a pediatric environmental health specialty unit | Every 24 hours or as medically indicated       |
| 45 - 69 μg/dL          | ASAP no later than 48 hours                |                                  |                                                |
| 70 - 99 μg/dL          | ASAP no later than 24 hours                |                                  |                                                |
| ≥ 70 μg/dL             | Urgently as an emergency test              |                                  |                                                |

*The higher the BLL on the screening test, the more urgent the need for confirmatory testing
**Some case managers or PCPs may choose to repeat blood lead tests on all new patients within a month to ensure that BLL level is not rising more quickly than anticipated

### Sources of Lead
- Lead-based paint in poor condition
- Lead dust from deteriorated lead paint
- Contaminated soil from paint or pollution
- Some toys, imported candy, and cosmetics
- Some folk medicines
- Bringing lead home from work

### Occupations Involving Lead
- Contractors who renovate or repair buildings
- Workers who sand, scrape or blast lead paint
- Recycling of metal, electronics, batteries
- Manufacturers of bullets, ceramics & electronics
- Steel workers
- Firing range workers, gunsmiths, police officers
- Construction and demolition workers
- Foundries and scrap metal operations
- Bridge construction and repair
- Automobile repair

### Hobbies Involving Lead
- Stained glass
- Fishing sinks
- Computer electronics
- Automotive repair
- Reloading bullets
- Soldering
- Artistic painting, jewelry making, and pottery glazing

### Cultural Practices & Folk Medicines
- Ayurvedic medicines
- Azarcon
- Daw Tway
- Dhamsa
- Smiti
- Ba-bam-pan
- Shasiri
- Greta

### Definitions:
- BLL: Blood lead level
- Testing: A blood test
- Screening: Applying criteria in the Blood Lead Testing Plan to determine risk
- Lead Hazard Reduction: Lead abatement and interim controls like paint stabilization, lead dust, control, cleaning, and addressing bare soil

### Lead Prevention Tips for Parents:
1) Keep it Clean: Wash children’s hands often and wash surfaces to remove lead contamination
2) Make your home lead safe: Find and properly take care of sources of lead in the home
3) Healthy Diets: Provide regular meals and foods rich in iron, calcium, and vitamin C
4) Medical Checkups: Have child see PCP. If a BLL over 5 μg/dL, make sure child is tested to ensure levels decline.

### Contact Information:
- Lead Poisoning Prevention Program
- Nebraska Dept of Health & Human Services
- 301 Centennial Mall South
- PO Box 95028
- Lincoln, NE 68509
- Phone: 402-471-0386 or 1-888-242-1100
- Fax: 402-471-8833
- Email: dhrs.hie@nebraska.gov
- Website: http://www.dhrs.ne.gov/lead

Revision: 9/2012
Numbers of Children Tested
Title 173 of the Nebraska Administrative Code regarding Communicable Diseases lists all blood lead tests as reportable to the Department. This data is submitted to the Department either electronically from health care providers through the Nebraska Electronic Disease Surveillance System (NEDSS), or is sent via mail or facsimile to be manually entered by program staff into the Systematic Tracking of Elevated Lead Levels and Remediation (STELLA) database. These two datasets are then combined, duplicate entries are removed, and then reviewed for missing information before data analysis.

Number of children age 0-72 months tested October 1, 2013, through September 30, 2014: 35,408

Number of children tested with a confirmed blood lead level of 5 micrograms per deciliter or higher: 413
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 remediation 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  
PO Box 95066  
Lincoln, NE 68506  
402-471-0086 or 888-347-1006, ext. 3  
www.dhhs.ne.gov/lead

In Douglas County:
Douglas County Health Department  
Childhood Lead Poisoning Prevention Program  
1111 South 41st Street, Suite 139  
Omaha, NE 68104  
402-444-7243  
www.douglascountyhealth.com/healthy-children/lead-poisoning-prevention

In Lancaster County:
Lancaster County Health Department  
3145 N Street  
Lincoln, NE 68504  
402-444-8090  
lincoln.ne.gov/countyhealth

Department of Health & Human Services
DHHS
NEBRASKA

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 sills, and on walls and ceilings. Lead was banned for use as an additive to paint in 1978, with sharp decline in its use from 1950 to 1978.
- Lead-Containing 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.
- Hobby  
  Stained glass, fishing sinks, automotive repair, reworking ammunition.
- Dishes  
  Imported, ceramic, lead crystal, pottery 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 issued 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 child’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-rich foods (milk, yogurt, and cheese) and iron-rich foods (beef, eggs, and green leafy vegetables).
- Keep out of children’s reach any mini-blind 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 remedial 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.
Miles de niños en Nebraska han tenido niveles elevados de plomo en la sangre.

Los factores de exposición más comunes incluyen:
- Bebida a base de plomo
- El plomo de plomo, que la madre, es expuesto por el plomo de plomo por el plomo de plomo de plomo, especialmente los niños de sangre. La pluma ilícita de plomo en el agua es más común en las áreas rurales que en las áreas urbanas.
- Suelo contaminado por plomo
- Con frecuencia, el suelo está contaminado por plomo. Los niños que juegan en suelos con elevados niveles de plomo pueden absorberlo al tocar el suelo.
- Bebidas con plomo
- Las bebidas de plomo, como algunos alcoholes y algunos medicamentos, pueden contener plomo.
- Tratamientos de plomo
- Algunos tratamientos de plomo pueden contener plomo.

¿Por qué es peligroso el plomo?
El plomo puede tener efectos graves en el sistema nervioso central de los niños. Los niños pequeños tienen un sistema inmunológico en desarrollo, lo que los hace más susceptibles a los efectos del plomo.

¿Qué niños deben hacerse analizar por plomo?
Considerar estos factores:
- Edad: Los niños pequeños, especialmente los menores de 6 años, son más susceptibles a los efectos del plomo.
- Historial médico: Los niños con problemas de salud, como el asma, pueden ser más propensos a los efectos del plomo.
- Infecciones: Los niños con infecciones o enfermedades crónicas pueden ser más susceptibles a los efectos del plomo.
- Etnia: Los niños de etnia africana o latino pueden ser más propensos a los efectos del plomo.

¿Cómo puede proteger a su niño contra el plomo?
- Mantenga su hogar libre de plomo. Lo puede hacer limpiando y pintando las paredes, y reemplazando la mancha de plomo por una pintura que no contenga plomo.
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Si su hogar fue construido antes de 1958:
- Antes de moverse, se recomienda que un profesional evalúe su hogar para determinar si contiene plomo.

Para más información:
El Departamento del Salud de Nebraska ofrece información sobre el plomo en su sitio web: www.dhhs.ne.gov/lead.

El Programa para la Prevención de la Intoxicación Infantil por Plomo:
El Programa para la Prevención de la Intoxicación Infantil por Plomo de Nebraska ha sido la primera línea de defensa para reducir los niveles de plomo en la sangre de niños menores de cinco años, educando a los padres sobre los peligros del plomo. El programa ha sido muy efectivo en reducir los niveles de plomo en la sangre de niños menores de cinco años en Nebraska. Años de trabajo de los niños con niveles elevados en la sangre y el desarrollo para mejorar los niveles de plomo en los niños menores de cinco años en el estado, y sigue vigente para reducir los niveles de plomo en la sangre de niños menores de cinco años en el estado.
Health effects of lead poisoning
Lead interferes with the development and functioning of almost all body organs, particularly the kidneys, red blood cells, and central nervous system.

Lead poisoning is much more serious when children are exposed to lead, since their bodies are not fully developed, lead poisoning can cause:
- Restlessness
- Memory loss
- Loss of IQ
- Learning or behavior problems
- Developmental delays
- Brain, liver, and kidney damage

Because the symptoms of lead poisoning are similar to those of flu or viruses, the only way to know if a child is poisoned is to have a doctor perform a simple blood test.

For more information about the health effects of exposure to lead, call 1-888-242-1100 or visit:
http://www.dhhs.ne.gov/lead

Finding hazards in your home
Look for paint or stain that is loose, cracked, cracking, peeling, flaking, nobbling off, or delaminating in any way.

When paint chips off, all layers of paint usually come off together. This can cause lead poisoning because earlier layers of paint may contain lead—even if the surface has been repainted with lead-free paint.

Window hazards
- Check the sills and upper parts of the window.
- Check the top and window join.
- Peeling
- Chipping
- Toys or other signs of child play
- Toys and other signs of child play such as chew marks.
- Check the area between the interior window and screen.
- Check the window sash.

Woodwork, walls, and doors
- Check all surfaces for chipping and peeling paint.
- Look for impact chipping on corners of door frames, baseboards, and walls.
- Look for rub or scrape marks on door edges.

Stair and porch hazards
- Check for areas of chipping or peeling paint.
- Look for chipping on spindles, rails, treads, and edges.
- Check risers, baseboards, and stair tread for impact chipping.
- Look for worn areas on tread.

Finding hazards from outside
Lead dust can come from outside in the home. Contaminated dust or soil can be tracked on shoes and animals or blown in by the wind. Soil can be contaminated from:
- Deteriorated lead-based paint around the perimeter of the house
- Lead-based additives in gasoline
- Industrial sources
- Demolition and paint removal from surrounding buildings

Lead can be brought home from work
Some examples include:
- Sanding, scraping or blasting lead-based paint
- Renovating or repairing older homes
- Working in basements and metal recyclers
- Making ammunition, firing guns, or working at a shooting range

Reduce the risk of lead hazards by:
- Not letting children or pets play in bare soil around the perimeter of the house
- Covering bare soil with grass, mulch, gravel, sand or other landscaping materials
- Putting out door mats and remove shoes to not track lead dust into the home
- Maintaining good housekeeping
- Not wearing your work clothes home if you work with lead
- Washing your hands often

Cleaning up lead dust
1. Correct lead hazards before starting any dust control to prevent further contamination.
2. While wearing disposable gloves, use rags or sponges to wet clean all horizontal surfaces in the house with any all-purpose cleaner mixed with warm water and clean the floor again.
3. Start at the rear of the home and work from ceiling to floor, working toward the front of the house.
4. The recommended cleaning method is to use two buckets and a mop on floors. Fill Bucket #1 with a DEWING SOLUTION and then fill Bucket #2 with clean RINSE water.
   - Dip the mop in Bucket #1 and clean the floor
   - Dip mop into the Bucket #2 (rinse bucket), and then back into cleaning solution bucket (Bucket #1).
   - Repeat above steps until all floors have been cleaned.
   - Dispose of water by pouring into toilet.
5. During wet cleaning, replace rags, sponges and mop-heads frequently, and wash separately or dispose of them in plastic trash bags when finished.
Cómo hallar riesgos en su casa

Busque pintura o barniz que contenga plomo; es difícil de identificar, así que se debe informarse acerca de este riesgo en particular. Si encuentra pintura o barniz que contenga plomo, contacte a su departamento de salud local para obtener más información.

Para ayuda para reducir el riesgo de contaminación por plomo

1. Compruebe si el piso o las paredes están pintados con plomo. El plomo se puede detectar con un detector de plomo en casa.
2. Si el plomo se encuentra, se debe limpiar completamente la superficie.

Limpieza y Control

Para más información
Si desea más información sobre el plomo y la intoxicación por plomo, póngase en contacto con su departamento de salud local.

Office of Environmental Health Hazards & Indoor Air
Nebraska Department of Health & Human Services
301 Centennial Mall South
PO Box 95926
Lincoln, NE 68509-9526
(402) 471-0386 o 1-888-242-1100
www.dhhs.ne.gov/lead

Department of Health & Human Services

Limpieza de plomo en paredes

1. Compruebe si el piso o las paredes están pintados con plomo.
2. Si el plomo se encuentra, se debe limpiar completamente la superficie.
3. Si el plomo se encuentra, se debe limpiar completamente la superficie.

Cómo hallar peligrosos fuera de la casa

El plomo en el exterior puede entrar en la casa a través de la ropa, el cabello, la piel o sobre la ropa interior. Si la ropa o el cabello están contaminados con plomo, se debe lavar con agua limpia.

Se puede trazar el trabajo de la casa

Algunos elementos incluyen:

- Llamar a la empresa de limpieza de plomo en su localidad.
- Implementar medidas de seguridad para prevenir el contacto con el plomo.
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Reducir el riesgo de peligros por plomo

- No deje que los niños toquen o jueguen con ropa de trabajo o con muebles que estén contaminados con plomo.
- Ponga la ropa de trabajo en una caja de seguridad antes de lavarla.
- Lave las manos antes de comer.
- Lave las manos después de tocar objetos que puedan estar contaminados con plomo.

Detalles sobre el uso de plomo en su hogar:

- Es importante entender que el uso de plomo en su hogar puede ser peligroso. Si tiene dudas sobre el uso de plomo en su hogar, es importante hablar con un experto en materia de plomo.
How can I protect myself and my family?

- Wash your hands and face before eating or drinking at work.
- Don’t smoke in the work area.
- Wear proper protective equipment such as a respirator and gloves when working around lead dust or fumes.
- When done working for the day, shower at work if you can or immediately once you get home.
- Change into clean clothes and shoes at work before you go home.
- If possible, wash your clothes at work. If not, wash work clothes separate from other clothes and run the empty washing machine again to rinse out lead.
- Participate in your employer’s lead screening program if you are at risk for lead poisoning.
- Keep your work area and home clean by using a wet cloth to clean horizontal surfaces, a wet mop to clean floors, and a vacuum with a HEPA filter.
- Use safe procedures or hire a professional when renovating a home built before 1978.

Office of Environmental Health
Hazards & Indoor Air
Nebraska Department of Health & Human Services
381 Centennial Mall South
PO Box 95026
Lincoln, NE 68509-5026

(402) 471-0386 or 1-888-242-1100
www.dhhs.ne.gov/lead

What is lead poisoning?

Lead is a toxic metal used in many industries and found in many consumer products. Lead poisoning can occur when lead builds up in the body. No amount of lead in the body is considered safe.

Am I at risk for lead exposure?

Many jobs and work activities involve lead. You may be at risk if you:

- Melt, cast, or grind lead, brass, or bronze.
- Make ammunition, fire guns, or work at a shooting range.
- Work with scrap metal or electronics.
- Scrap, sand, remove or handle lead-based paint or products painted with it.
- Tear down or renovate old buildings or bridges.
- Make or repair batteries, radiators, or automobiles.
- Make or work with ceramics, jewelry, or stained glass.

Some lead exposures are due to hobbies, including:

- Shooting in indoor ranges.
- Making bullets or floating sinkers.
- Making pottery, stained glass, or jewelry.
- Home renovations and furniture refinishing.

There are other less common sources of lead exposure in adults, such as imported candy and using alternative or folk medicines.

How do I know if I am exposed to lead?

A simple blood test can measure how much lead is in your blood, known as a blood lead level (BLL). If you think you are exposed to lead at work or at home, ask your doctor for a blood lead test. Scientists and doctors recommend that blood lead levels in adults be kept below 10 μg/dL (micrograms per deciliter), and levels should be kept below 5 μg/dL for women who are pregnant or may become pregnant.

What is take-home lead?

People who have jobs or hobbies that involve lead can bring lead dust into their home on work clothes, skin, or equipment. This is called take-home lead and it can expose anyone who comes in contact with it. Take-home lead can even cause lead poisoning in children who live in or visit the house.

How can lead poisoning affect my health?

Lead exposures usually occur by swallowing lead dust or breathing in dust and fumes containing lead. Once it is in the body, it can be stored in your organs and bones where it can cause serious and permanent damage to your kidneys, brain and nervous system, cardiovascular system, reproductive system, and other parts of the body. Too much lead can even cause coma or death.

Lead exposures can cause:

- High blood pressure.
- Decreased sex drive, infertility.
- Digestive problems.
- Difficulty concentrating.
- Tiredness or weakness.
- Hearing and vision problems.
- Your risk of health damage increases with the amount of lead in your body and the length of time you have been exposed.
¿Cómo puedo protegerme y a mi familia?

- Llevar la ropa y la ropa interior de comer o beber en el trabajo
- No fumar en el área de trabajo
- Llevar equipo protector que proporcione un respirador de inmediato y guantes cuando trabaje cerca de plomo y sus partículas de plomo
- Cuanto tiempo trabajar por el día, tomar una ducha en el trabajo y a veces a la casa para reducir el riesgo de intoxicación por plomo
- Usar ropa de invernadero y zapatos limpios en el trabajo y limpiar los pies antes de entrar a la casa
- De ser posible, usar un cepillo de dientes y cepillo de dientes dental de metal y cepillos de dientes limpios en el trabajo y de inmediato luego de llegar a casa
- Limpiar la ropa de invernadero y zapatos limpios en el trabajo antes de entrar a la casa
- No dejar que el plomo o sus partículas de plomo entre en el cuerpo

Para más información
Si desea más información sobre la prevención de la intoxicación por plomo, comunique con:

Oficina de Salud Ambiental
Riesgos y Contaminación Interior
Nevada Departamento de Salud y Bienestar
210 Centennial Mall South
Lincoln, NE 68508-5026

(402) 471-0336 o
1-888-242-1100

www.dhhs.ne.gov/lead

¿Cómo sabía si estoy expuesto al plomo?

La exposición al plomo ocurre típicamente cuando se trabaja con el plomo o se ingiere plomo y sus partículas que contienen plomo. Un sustrato esencial en el organismo, puede causar enfermedades en algunos y daños sépticos en otros, pero los daños más comunes afectan al sistema nervioso, sistema cardíaco, sistema endocrino y sistema de producción de iones de plomo. En algunos casos, la exposición al plomo puede causar daño cerebral y también al feto.

¿Es plomo llevado a casa?

La exposición al plomo es un fenómeno que puede afectar a la familia y a los niños en casa. Es importante tener en cuenta que el plomo puede ser una causa de enfermedad interna y externa para él o la madre.

La exposición al plomo puede causar:

- Hipertensión
- Deseo sexual disminuido o infertilitad
- Problema de visión
- Dificultad para concentrarse
- Falta de habilidad
- Problemas de audición y visión

Es posible que no se den algunos síntomas en algunas personas y que se den otros en otros. Es importante que los individuos que han sido expuestos al plomo se realicen un examen médico a tiempo y que los médicos les hagan la cuadúplex sobre sus síntomas y estos síntomas pueden ser tratados de manera adecuada.

¿Cómo puedo prevenir el plomo en los adultos?

- Usar guantes de plomo y ropa de invernadero y zapatos limpios en el trabajo y limpiar los pies antes de ir a casa
- Usar ropa de invernadero y zapatos limpios en el trabajo y limpiar los pies antes de ir a casa
- No dejar que el plomo o sus partículas de plomo entre en el cuerpo

¿Cómo puedo prevenir el plomo en los niños?

- No dejar que el plomo o sus partículas de plomo entren en el cuerpo
- Usar guantes de plomo y ropa de invernadero y zapatos limpios en el trabajo y limpiar los pies antes de ir a casa
- No dejar que el plomo o sus partículas de plomo entren en el cuerpo