

DOES YOUR CHILD HAVE LEAD POISONING?

7 WAYS
YOU CAN HELP
YOUR CHILD GET
HEALTHIER

Lead poisoning can cause permanent brain damage to children – especially babies and kids six and under.

FREE AND LOW-COST PROGRAM INFORMATION INSIDE

#1 Get Your Home Tested

Do you have Medical Assistance or CHIP?

Your health plan will test your home for FREE! Call your child's doctor or health plan to request a test:

- Aetna Better Health 1-855-346-9828
- Health Partners 1-215-967-4690
(select option 1 and then option 1 again)
- Keystone First 1-800-521-6860
- United Healthcare 1-877-844-8844

If you don't have Medical Assistance or CHIP, find a free or low-cost solution to test your home for lead.

#2 Remove the Lead in Your Home

Find a certified lead removal company to remove the lead.

**Check
out the enclosed
Delaware County Lead
Resource Directory of
FREE or LOW-COST
solutions to get
the lead
out!**

#3 Get Your Child Health Insurance

Almost every child in Delaware County qualifies for free or low-cost health insurance from Medical Assistance or CHIP.

Get free help to apply over the phone and in any language from the Children First Helpline at 215-563-5848x17.

#4 Get Your Child Follow Up Blood Lead Tests

Your child's doctor will want your child to have follow up blood lead tests to see if the lead level is going up or down. Make sure to schedule and keep these appointments.

#5 Get Your Child Screened

Children with lead poisoning should get a free screening for special services called Early Intervention. These services can include speech and language therapy, physical or occupational therapy, nutrition services and hearing or vision services.

The Delaware County Department of Human Services provides these services for free for children 0 – 3 years old. Make an appointment by calling 610-713-2406 or email humanservices@delcohsa.org.

#6 Apply For Healthy Food Benefits

A healthy diet makes it possible for a child's body to absorb less lead.

The Delaware County Women, Infants and Children Program (WIC) provides nutritious foods and other support to families with limited incomes that have children under five years old and mothers who are pregnant.

Contact the Delaware County WIC Call Center at 484-471-3320.

#7 If Other Young Children Spend Time In Your Home, Get Them Tested For Lead

Children with Medicaid or CHIP health insurance are required to have a blood lead test when they are one year old and when they are two years old.

If you don't have a health care provider or health insurance, your child can get a low-cost lead test starting at \$10 at a ChesPenn Health Center in Upper Darby (call 610-352-6585) or Chester City (call 610-872-6131).

Lead poisoning can cause learning disabilities, aggressive behavior, ADHD, decreased IQ, hearing loss and speech delays.

7 Things You Can Do Right Now

-  **1** Make sure your child can't get near peeling paint or chewable surfaces, such as window sills.
-  **2** Wet-mop floors and flat surfaces once a week because household dust can contain lead. Window sills and wells can also contain high levels of lead dust, so they should also be kept free of dust.
-  **3** Regularly wash children's hands and their toys that can become covered with household dust or exterior soil.
-  **4** Make sure to renovate safely. Common renovation activities like sanding, cutting, replacing windows, and more can create hazardous lead dust. If you're planning renovations, use contractors certified by the U.S. Environmental Protection Agency (EPA). Go to www.ChildrenFirstPA.org/EPAcertifiedRemoval
-  **5** Apply contact paper or duct tape to cover holes in walls or chipping paint to temporarily block children's ability to reach sources of lead.
-  **6** Lead can also be found in soil, so take off shoes when entering the house.
-  **7** Eat a healthy diet that includes iron, calcium, and foods low in fat. Foods rich in iron include eggs, some nuts, and beans. A healthy diet causes the body to absorb less lead.