

**This
information
has been
brought to you
by
Public Health
325th Medical
Group
Tyndall AFB**

Additional Information

Centers for Disease Control and
Prevention: www.cdc.gov/lead

National Lead Information Center:
1-800-424-LEAD

U.S. Environmental Protection Agency
Lead Awareness Program
<http://www.epa.gov/lead/>

National Institute for Occupational
Safety and Health (NIOSH):
1-800-311- 3435 or www.cdc.gov/niosh/

Occupational Safety and Health
Administration (OSHA): 1-800-321-6742
or www.osha.gov

General Information about:

LEAD

What is lead?

Lead is a soft, blue-gray metal that is mined from the earth's crust.

Lead has been used for many industrial purposes for centuries and is found in a variety of products and materials including paint, vinyl mini-blinds, pipes, crystal, dishware, pottery coatings, and ammunition.

Lead does not break down over time.

Lead is present in all parts of the environment, including homes.

When lead is taken into the body, it can result in lead poisoning.

How can lead get into the body?

Lead enters the body through ingestion (eating/drinking) or inhalation (breathing).

This happens when people:

- Put their hands or other objects covered with lead dust in their mouths.
- Eat paint chips or soil that contain lead.
- Drink water that comes through lead pipes.
- Breathe in lead dust, especially during renovations that disturb painted surfaces.

What are the health effects of Lead?

Lead interferes with the development and functioning of almost all body organs, particularly the kidneys, red blood cells, and central nervous system.

In children, high levels of lead in their bodies can cause:

1. Behavior and learning problems, such as hyperactivity
2. Slowed growth
3. Hearing problems
4. Headaches

Lead is dangerous to children because:

Babies and children under six have a much greater tendency to put their hands and other objects in their mouths.

Children's growing bodies absorb more lead.

Children's brains and nervous systems are still developing.

Symptoms of lead poisoning:

- Fatigue
- Upset stomach or muscle cramps
- Poor appetite
- Irritability, nervousness or depression
- Headache
- Sleeplessness
- Metallic taste in mouth
- Reproductive problems
- High blood pressure
- Lack of concentration
- Muscle and or joint pain

What to do if your child is exhibiting symptoms of lead poisoning:

Children exhibiting symptoms associated with lead poisoning need to be evaluated by their physician. The physician will make the determination for an appropriate course of treatment or the need for further blood testing.

Blood lead level testing is available for concerned parents of children without symptoms.

- Parents of military dependent children may come to the Tyndall clinical laboratory to have blood drawn for the screening test. The laboratory hours are 0730-1630, weekdays. No fee is required.
- Parents of children with no military affiliation may contact the Bay County Public Health Dept for information on attaining lead level testing. No fee is required.

Public Health points of contact

Tyndall AFB Public Health – 850-283-7138

Bay County Health Dept.

597 W. 11th St., Panama City, FL 32401

Inquiries – 850-872-4720 ext. 1209/1269

Appt./Testing – 850-872-4455 ext. 232