

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

**Additional Resources:**

**Centers for Disease Control and  
Prevention:** [www.cdc.gov/lead](http://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/](http://www.cdc.gov/niosh/)

**Florida Department of Health:**  
850-245-4444  
<http://www.floridahealth.gov/environmental-health/lead-poisoning/parent-info.html>

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:**

Children under six years of age 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 information 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 0730-1500, weekdays. No fee is required.
- Parents of children with no military affiliation may contact their primary care physician team to inquire about laboratory testing.

### **Public Health points of contact:**

Tyndall AFB Public Health – 850-283-7138

Bay County Health Dept.

597 W. 11<sup>th</sup> St., Panama City, FL 32401

Inquiries – 850-872-4720