



LeadRx

Tailored Educational Resources to Reduce Lead Exposure and Care for Children, Pregnant Individuals and Families

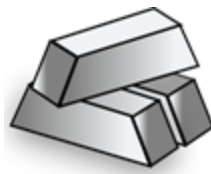
Massachusetts Edition (English)



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Sources of Lead



Action Plan

Recognize several possible sources of lead both in and out of the home. Possible sources of lead include:

- Lead-based paint hazards
- Handmade pots and dishes
- Workplaces
- Products bought in foreign countries (not US)
 - Bulk spices, pottery, candy, makeup, toys, jewelry, canned food, Ayurvedic medicines
- Soil and water
- Hobbies
 - Fishing sinkers, bullets, stained glass, auto repair

Did you know?

Lead, a toxic metal, can be found in a variety of sources. Even low levels of lead exposure can harm human health. It is important to be aware of potential sources of lead and take steps to reduce exposure wherever possible.

Community Resources

- [Understanding Lead Poisoning - CLPPP](#)
- [Lead Exposures- Boston Children's Hospital PEHC](#)
- [Protecting Children from Lead in Kohl/Surma - Boston Children's Hospital PEHC](#)



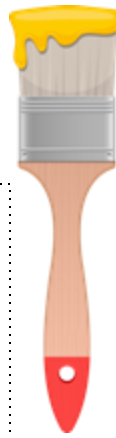
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Reducing Lead Exposure



Did you know?

Homes built before the year 1978 are more likely to contain lead-based paint hazards. De-leading should only be done by a certified lead contractor. They should NOT be done while families are in the home.

Action Plan

- **Cover loose paint**
 - Use duct tape or contact paper to cover any chipping paint
- **Block access to lead paint**
 - Move furniture in front of any peeling paint.
 - Change your child's bedroom to one without peeling paint if you can
 - Keep lower parts of windows closed
- **De-Lead Safely**
 - Do not do any remodeling or repair work until you have your home inspected for lead
 - Use only licensed professionals to renovate homes that contain lead
 - Families may have to be out of the home during renovation to reduce exposure

Community Resources

- Massachusetts Childhood Lead Poisoning Prevention Program (MA CLPPP) Phone Number: (617) 624-5757
- [Understanding Lead Poisoning - CLPPP](#)
- [Massachusetts Guide to De-Leading - CLPPP](#)
- [Short Term Habits to Keep Your Child Safe - CLPPP](#)
- [Steps to Protect Your Family - AAP](#)
- [Childhood Lead Exposures: 6 Actions to Reduce Your Family's Risks](#)



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Home Testing

Action Plan

- Have your home tested by a lead inspector to find possible sources of lead exposure
- **Rent?**
 - Ask your landlord to test your home for lead
 - If you have children under 6 years of age, contact your local board of health to request a lead inspection
- **Own?**
 - Hire a licensed lead inspector to test your home



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Did you know?

If you rent your home, your landlord must pay to fix the lead in your home! Families with children under 6 years old are protected by law.

Community Resources

- Massachusetts Childhood Lead Poisoning Prevention Program (CLPPP) Phone Number: (617) 624-5757
- [Find a Licensed Lead Inspectors in Massachusetts - CLPPP](#)
- Finding your Home's Lead History - CLPPP
 - [Lead Safe Homes 2.0 \(2020-present\)](#)
 - [Lead Safe Homes 1.0 \(pre-2020\)](#)
- [Massachusetts Lead Law - CLPPP](#)
- [Financial Assistance for Deleading - CLPPP](#)



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Lead and Drinking Water



Did you know?

Most public water sources are lead free in Massachusetts. Lead can be in your water due to lead pipes, solder, or old faucets.

Action Plan

- Use a **MassDEP certified laboratory** to test your water for lead
- **Replace older faucets and fixtures** that may contain lead
- **Replace lead pipes**
- **Use cold water** for drinking, cooking, food preparation and preparing formula
 - Boiling water will **not** remove the lead
 - Run cold water for at least 2 minutes before using.
 - Do not use hot water from the tap
- Install a **certified water filter** to remove lead from your tap water.

Community Resources

- [Lead in Drinking Water- PEHSU](#)
- [Lead in Drinking Water FAQ - MA DPH](#)
- [Find a Certified Laboratory for Water Testing - MassDEP](#)
- [Well Water Safety and Testing - AAP](#)
- [Lead Service Map - BWSC](#)
- [Lead Service Line Detection Guide - EPA](#)
- [Certified Water Filters for Lead Removal - NSF](#)



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Lead in Dirt or Soil



Action Plan

- **Safe Gardening Practices**
 - Wear gloves while gardening. Remove gardening shoes before entering your home. Leave tools outside.
 - Wash hands before eating and drinking
 - Plant your garden away from buildings, especially if you notice chipping paint
 - Consider growing vegetables in raised beds
- **Additional safety measures**
 - Keep children away from any contaminated soil
 - Consider planting grass or 4-5 inches of mulch to cover soil
 - Add healthy soil to reduce the concentration of lead in the soil

Did you know?

Lead is present in almost all soils. However, contamination of the soil can raise its lead levels to dangerous amounts. Chipping lead paint from buildings is the main cause of soil lead contamination.

Community Resources

- [Soil and Nutrient Testing Lab - UMass Amherst](#)
 - Choose “Routine Soil Analysis” for testing lead levels
- [Safer Gardening - Boston Children’s Hospital PEHSU](#)
- [Build-a-Garden - The Food Project](#)
- [Soil Screening - ATSDR](#)
- [Lead in Soil - EPA](#)



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Iron and Lead



Action Plan

- Iron is a mineral that is needed by the body for growth and development
- Kids will **low levels of iron** tend to have **higher levels of lead** in their blood
- If your child has high blood lead and is low in iron, please **talk with your child's primary healthcare provider [PCP]**
- To maximize absorption, **consume iron supplements with foods high in vitamin C** (eg. citrus fruits)
 - Iron supplements should **NOT** be taken with any dairy. Dairy reduces iron absorption from the gut

Did you know?

Iron and lead look the same to your body. They compete for absorption in the gut and for uptake in the body! This is why children with anemia (iron deficiency) are more prone to lead poisoning.

Community Resources

- [Nutrition and Children - CLPPP](#)
- [Lead Exposure - Boston Children's Hospital PEHC](#)
- [Anemia in Children and Teens - AAP](#)



Early Intervention (EI)



Action Plan

- **Home Visit:**
 - A home visit is the first step of Early Intervention.
 - They are a useful tool to learn about the program and if your child is eligible
- **Strategize:**
 - You and your Early Intervention team will work together. You will create strategies to support your individualized family service plan
- **Impacts:**
 - Infants and toddlers learn best through a lot of practice during daily activities
 - **YOU** have the biggest impact on your child's progress. Early Intervention can play a supportive role in you and your child's relationship

Did you know?

If your child is under 3 years old and has a high blood lead level, they may qualify for FREE services through early intervention. Early intervention will help your child learn skills that are appropriate for their age to support their development. This will help them thrive!

Community Resources

- [What is Early Intervention? - MA DPH](#)
- [Massachusetts Early Intervention - MA DPH](#)
- [Family TIES of Massachusetts Phone Number: \(800\) 905-8437](#)
- [EI Programs Contact - MA DPH](#)
- [Home Visiting - MA DPH](#)



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Working with Lead



Action Plan

- Family members who work around lead should **change their clothes before coming home** or remove work clothes before entering.
 - Shower soon after returning home, before playing with children.
 - Wash all work clothes separately
 - Take shoes off before entering the home
 - Be mindful of lead dust in cars at worksites
- Jobs that can be exposed to lead:
 - Renovation/demolition (homes built pre-1978)
 - Pipe soldering or metal work
 - Auto repair
 - Battery manufacturing
 - Painting/paint removal, especially bridges and highways
 - Art restoration or stained glass work

Did you know?

Lead contamination in a parent's workplace may still expose their children to lead. It is important to practice "lead-safe" habits every day after work. This will help keep your child safe!

Community Resources

- [Lead in Jobs - CDC](#)
- [Information for Workers - CDC NIOSH](#)
- [Preventing Take-Home Lead Exposure - OSHA](#)



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Legal Advocacy



Action Plan

- **Experiencing retaliation?**
 - A property owner cannot evict you, raise rent, or refuse to renew your lease in retaliation for reporting a lead paint violation
- **Rent withholding**
 - If a landlord has not acted to delead your home after being told of the legal hazards, you **may** have reason to withhold rent.
 - Do **NOT** withhold rent without first talking to a lawyer.
- **Compensation for Loss or Injury**
 - If a child has been poisoned by lead paint, you may have the right to **sue** the landlord for your child's injuries.

Did you know?

The Massachusetts Lead Law requires a house be delead if a child under 6 lives in it. A landlord must fix lead hazards quickly. If they fail to do so, they can be held legally responsible.

Community Resources

- [Massachusetts Legal Resource Finder - LSC](#)
- [Massachusetts Lead Law - CLPPP](#)
- [Ask a Law Librarian- Trial Court Law Libraries](#)
- [Legal Tactics: Self-Defense for Tenants in Massachusetts - Mass Legal Help](#)



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Lead and Pregnancy



Did you know?

Lead can be passed from a pregnant person to their fetuses in utero. Too much lead in a person's body can risk a miscarriage or premature birth and may increase blood pressure during pregnancy. It can also harm the future child's physical and mental development.

Action Plan

- If living in a **home built before 1978**, have it inspected by a licensed lead inspector and address any paint chips or lead-dust pro-actively.
- Avoid jobs and hobbies that can expose you to lead
- Avoid **eating food bought in foreign countries**
- Avoid **using cosmetics bought in foreign countries**
- For cooking and storing food, **do not use imported lead-glazed ceramic pottery**
- Eat a **balanced diet!**
 - Foods high in calcium, iron, and vitamin C will help keep lead out of your body!

Community Resources

- [Lead Exposure in Pregnant People](#)
- [Protecting Your Baby - CLPPP](#)
- [Find a Licensed Lead Inspectors in Massachusetts - CLPPP](#)
- [A Healthy Diet to Fight Lead - Boston Children's Hospital PEHC](#)



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Chelation



Action Plan

- Chelation therapy may be recommended by your child's doctor if their lead levels are severely elevated.
- **What is Chelation?**
 - Your doctor will prescribe a special medicine to help remove the lead for your child's blood. This medicine is called chelation therapy.
- **Taking the medicine:**
 - You may need to open the capsules and sprinkle the medicine into a small amount of food or drink that your child enjoys.
- **Storing the medicine:**
 - Chelation medicine should be stored in the fridge.
 - Chelation medicine smells like rotten eggs. Store it in a sealed ziplock bag in your fridge.

Did you know?

The medicine given for chelation will bind to lead in your child's body. This allows them to pass the lead through urine! This medicine should only be taken in special situations and prescribed by a medical professional.

Community Resources

- [Chelation Therapy Tips and Side Effects](#)
- [DMSA Fact Sheet - Boston Children's Hospital PEHSU](#)
- For any questions or concerns, call Massachusetts Rhode Island Poison Center:
1-800-222-1222



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