



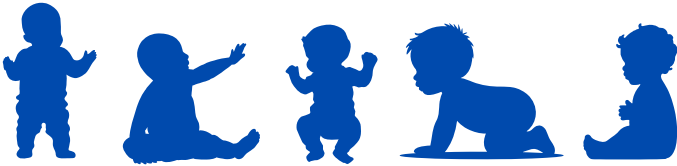
CHATTING ABOUT HEALTH

Childhood Lead Poisoning

Lead can cause negative health effects, especially in children

- There are no safe levels of lead in the blood.
- Exposure to lead can seriously harm a child's health and cause a number of problems like:
 - Damage to the brain and nervous system
 - Slowed growth and development
 - Learning and behavior problems
 - Hearing and speech problems

This can cause lower IQ, decreased ability to pay attention, and poor school performance.



Children can be exposed to lead by eating lead paint chips, ingesting contaminated food or water, and/or breathing in lead dust.

- Some children at greater risk for lead exposure.
 - Children younger than 6 who tend to put things like toys and dirt in their mouths.
 - Children from low-income households and children who live in housing built before 1978 when lead paint was banned.
 - Immigrant and refugee children because of fewer rules protecting children from lead exposure in their country of origin.

A blood test is the best way to determine if a child has been exposed to lead.

- Most children with lead in their blood have no obvious immediate symptoms.
- All children should be tested for lead exposure.
- There are two types of blood tests for lead.
 - A finger-prick or heel-prick (capillary) test can give quick results.
- A venous blood draw takes blood from the child's vein, can take a few days to receive results and is usually used to confirm blood lead levels seen in a capillary test.

Steps to Prevent Childhood Lead Poisoning

- Remove shoes when entering your house.
- Wash hands and toys frequently.
- Avoid dishes with lead glaze.
- Be aware that some imported toys, spices and candies, antique toys, traditional medicines and cosmetics may contain lead.
- Check your home for lead paint and check your drinking water for lead.
- Renovate safely. Use approved methods and certified contractors to remove lead hazards from your home.

Learn more

<https://www.cdc.gov/lead-prevention/about/index.html>



Chatham Health In Action



In September, our Environmental Health staff inspected and licensed nearly 90 vendors who served food at the Hebron Harvest Fair. To ensure that the food served at the fair was safe, our staff reviewed plans to verify that each vendor had proper training, supplies and equipment prior to the fair. At the fair, they inspected each vendor to ensure correct procedures were being followed.

Prescription Drug Take Back Day

If unused prescription drugs find their way into the wrong hands it can be dangerous and often tragic. That is why DEA hosts prescription drug take back days twice a year to help people safely dispose of unused prescription drugs.



The next prescription drug take back day is scheduled for **October 25, 2025.**

Find a take back location near you:

<https://www.dea.gov/takebackday>



Respiratory Virus Vaccines

Each year, respiratory viruses like flu, RSV and COVID-19 are responsible for millions of illnesses and thousands of hospitalizations and deaths in the US. Even healthy people can get very sick from these viruses. Staying up to date on vaccines is a key strategy for protecting yourself and others.

Chatham Health District is pleased to be working with community partners to host public clinics offering flu and COVID vaccines to the public again this year.



See our clinic schedule:

<https://www.chathamhealth.org/vaccineclinics2>

