

Common Sense family health tips to help prevent children's lead exposure:

Are all of these on your list?

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1. Wash your children's hands often, especially before they eat.
2. Eat regular, healthy, balanced meals. Choose foods with high calcium, iron and vitamin C. Eat at the table.
3. Keep your floors clean by vacuuming and damp-mopping often. Leave outside shoes at the door. Damp dust frequently, especially window ledges and countertops.
4. Keep outdoor play areas clean. Cover the sandbox when you are finished playing, hose the driveway often and play on the grass. Cover bare soil areas.
5. Renovate safely. Seal off the area of work, and clean especially well when complete. Keep children and pregnant women away if possible.



Creating a Healthy Environment

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The Trail Area Health & Environment Program is designed to help you keep your children and family healthy and safe. Community leaders, Teck, Interior Health, government experts, and residents work together through the Trail Health and Environment Committee to improve our environment, and we are making significant progress. We continue to see improvements in children's blood lead levels, and we are confident that our efforts will further reduce lead exposure in the community.

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LEAD & YOUR FAMILY'S HEALTH



WORKING TOGETHER
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Most lead enters the body through the mouth, mainly on hands and fingers that have come in contact with lead in dust. Young children are particularly vulnerable to lead exposure for a few reasons:

They are likely to put toys, fingers and other objects in their mouths

They absorb lead much more easily than older children & adults

The early years of life are crucial for brain development

LEAD & YOUR FAMILY'S HEALTH

Trail is a great place to live and raise a family. The environment in Trail is better now than it has been in a century and is improving every year. Since 1997, stack emissions have dropped by 99.5% and Teck is committed to further reducing the level of lead and other smelter metals in the Trail area environment.

As a smelter community, Trail residents know how to keep their families healthy and minimize exposure to lead in house dust and soil. The less lead you are exposed to, the better. Lower exposure means lower health risks, especially for young children.

There is growing scientific evidence that low levels of lead exposure may be harmful to young children. Studies of large groups ("populations") of pre-school aged children show that negative developmental, behavioural, and health effects can occur at low levels of exposure. At the levels we currently see in Trail, these effects would likely be subtle and not measurable in individual children.



FAMILY HEALTH PROGRAM

Since the effects of lead on children are potentially harmful but hard to detect, it is important to get your child's blood lead tested. We recommend that children in Trail and Rivervale be tested each year from the age of 6 months to 3 years. This is the only way we can confirm a child's blood level. Each year, we still find a few children with levels higher than the typical range.

Blood lead testing clinics are offered each year to children aged 6 months to 3 years living in Trail and Rivervale. Children living in other communities are welcome to attend. Testing is voluntary. We make it quick and fun, as much as possible.

We all play a part in preventing and reducing children's exposure to lead dust. Starting in 2013, our public health nurse is offering a "Healthy Family" visit to families with children under 12 months of age in Trail and Rivervale. The goal is to raise awareness of children's health and lead exposure issues, and jointly make a plan to prevent lead exposure and keep the children healthy.

Counseling, information, support and referrals are available to assist families in the Trail area. Please contact the Trail Lead Health Services Coordinator for more information, or visit the Trail Area Health & Environment Program website at www.thep.ca



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