

Common Sense family health tips to help prevent elevated blood lead levels in children:

Are all of these on your list?

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

The Trail Area Health & Environment Program is designed to help you keep your children and families healthy and safe. Community leaders, Teck, Interior Health, government experts, the Trail Area Health and Environment Committee and residents are all working together to improve our environment, and we are making significant progress. We are continuing 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 & THE FAMILY HEALTH PROGRAM



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Most lead enters the body through the mouth, primarily by our hands and fingers which have come into contact with lead contaminated dust. Children aged 6 months to 3 years 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

Lead and its compounds are very useful, but they can be harmful as well, especially to young children. Exposure to lead may cause behavioral problems, learning disabilities or reduced intelligence. People who live in smelter communities are likely to be exposed to more lead than people who live in most other areas. Trail is a great city in which to live and raise a family. We are, however, a smelter community and are exposed to some lead through house dust and soil. Thankfully, right now the environment is better than it has been in a century and is improving every year. Teck is committed to making further reduction in the amount of lead and other metals released from its Trail Operations.

FAMILY HEALTH PROGRAM

The effects of elevated lead levels on children are difficult to notice. Usually, the effects are very subtle. This is why it is important to attend the blood lead testing clinic offered each fall. This is the only way we can confirm if children's blood levels stay below the current level of concern.

Lead serves no purpose in the body. The less we have in our bodies, the better. There is growing scientific evidence that low levels of lead exposure may be harmful to children. Blood lead testing clinics are offered



to children aged 6 months to 3 years living in Trail and Rivervale. Children living in other communities are welcome attend. Testing is voluntary. We all play a part in both preventing and reducing our children's exposure to lead dust.

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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