

## NEWS RELEASE

For Immediate Release:  
October 23, 2017

For More Information, Contact:  
Amy Kinzler  
Drinking Water Program  
Phone: 701.328.5211  
E-mail: [anKinzler@nd.gov](mailto:anKinzler@nd.gov)

### **North Dakota Department of Health Seeks to Raise Awareness During National Lead Poisoning Prevention Week**

BISMARCK, N.D. -- To raise awareness about preventing lead poisoning in children, the North Dakota Department of Health is participating in National Lead Poisoning Prevention Week October 22-28, 2017.

Lead is a highly toxic metal that can cause adverse health effects for both children and adults. Approximately half a million U.S. children ages 1-5 have blood lead levels above 5 micrograms per deciliter--the level at which the Centers for Disease Control and Prevention recommend corrective action.

With no obvious symptoms, lead poisoning often goes unrecognized. Lead poisoning in children can result in flu-like symptoms, learning and behavior problems, lower IQ, slowed growth, neurological problems and even death at very high levels.

Preventing a child's exposure is the best way to avoid lead's harmful effects. The most common source is lead-based paint used in buildings before 1978. However, lead can also be found in soil, dust brought home from a workplace, certain types of plumbing, and even some older or imported toys.

Children spend most of their time at home and at school. Both environments can be potential sources of lead hazards.

Parents can reduce a child's exposure to lead in the home by taking the following steps.

- **Understand the Facts.** To reduce children's exposure, lead hazards must be identified and controlled or removed safely. More information can be found at [www.epa.gov/lead/protect-your-family-exposures-lead](http://www.epa.gov/lead/protect-your-family-exposures-lead).

– more –

---

600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200  
Phone: 701.328.2372 Fax: 701.328.4727E-mail: [health@nd.gov](mailto:health@nd.gov)

Visit the health department home page at [www.ndhealth.gov](http://www.ndhealth.gov).

- **Get Your Home Tested.** Before you buy or remodel a pre-1978 home, ask for a lead inspection by a North Dakota-certified, lead-based paint risk assessor or inspector.
- **Use Lead-Safe Work Practices for Renovations.** Hire an EPA-certified renovation, remodeling and painting general contractor to use lead-safe work practices on any renovation which may disturb known or assumed lead-based paint.
- **Get Your Child Tested.** Even if your young children seem healthy, ask your doctor or local public health nurse to test them for lead. Children 6 years and younger are most at risk since this is the age of greatest development and growth.
- **Test the Drinking Water in Older Homes.** Plumbing in some older homes, mainly built before 1930, may contain lead which could leach into drinking water. Learn more at [www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water](http://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water).

To help schools determine any lead risk, the North Dakota Department of Public Instruction and the North Dakota Department of Health have begun a voluntary assessment program. Information can be found at [www.ndhealth.gov/MF/leadinschools.html](http://www.ndhealth.gov/MF/leadinschools.html).

To learn more about lead-based paint; renovation, repair and painting safe practices; or blood lead testing, contact Sandi Washek, North Dakota Department of Health, at 701.328.5188.

For more information on lead in drinking water, contact Amy Kinzler, North Dakota Department of Health, at 701.328.5211.

*Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at [www.health.nd.gov/news-media/news-releases](http://www.health.nd.gov/news-media/news-releases).*

*Find us on Facebook at [www.facebook.com/ndhealth](http://www.facebook.com/ndhealth) or Twitter at [twitter.com/nddoh](https://twitter.com/nddoh).*

---

**600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200**  
**Phone: 701.328.2372 Fax: 701.328.4727E-mail: [health@nd.gov](mailto:health@nd.gov)**

*Visit the health department home page at [www.ndhealth.gov](http://www.ndhealth.gov).*