

## How you can reduce exposure to lead

- Place door mats at all door entrances to your home and clean them regularly
- Keep work boots and yard shoes outside
- Wet mop floors and wet mop benches
- Wash your and your child's hands regularly
- Regularly wash your child's toys, windowsills and especially babies dummies
- Dogs should be kept outside in a kennel or shaded area with access to water
- When vacuuming, remove children from the room
- Wash all root vegetables before eating



Wet wipe your benchtops and surfaces,  
rinse the cloth regularly

## About the Living with Lead Alliance

The Living with Lead Alliance was established to develop and deliver an extensive and ongoing public education campaign to ensure the health of Mount Isa residents.

The Alliance consists of representatives from the Mount Isa City Council, Queensland Health, The Department of Environment and Heritage Protection (DEHP) and Xstrata Mount Isa Mines.

The safety and wellbeing of all Mount Isa residents is our priority.

## Free Blood Lead Testing

QML (Queensland Medical Laboratory)  
13a Isa Street  
Phone: 07 4743 4299  
OPEN MONDAY to FRIDAY  
7.30am to 2.00pm

## More Information

For more information regarding living safely with lead please contact the Living with Lead Alliance:

**Isa Street (opp Woolworths)**  
**Freecall: 1800 457 547**  
**Office: 07 4743 4393**  
**Mobile: 0458 401 036**  
**[www.livingwithlead.com.au](http://www.livingwithlead.com.au)**



Living with Lead Alliance



Version 2

# Lead and Your Mob

Information for you and your family



Living with Lead Alliance

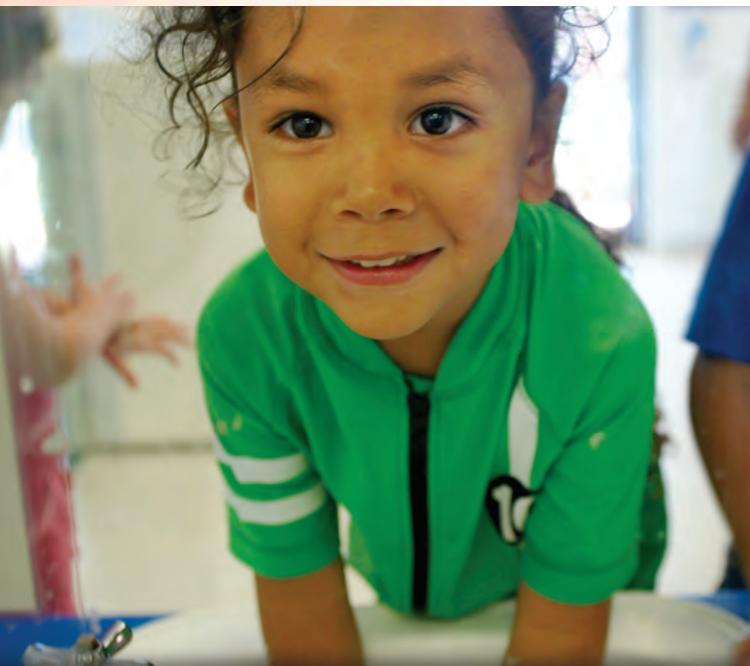
Living Safely With Lead

## Wet wipe

- Use a wet cloth for dusting instead of a dry cloth, rinse the cloth regularly
- Wet wipe all benchtops and surfaces
- Wet mop floors and hard surfaces instead of sweeping
- Remember to rinse out your mop regularly
- Regularly wash your child's toys, especially when teething

## Wash

- Substantial amounts of lead can be found in the dirt on your child's hands at all ages, which can elevate their blood lead levels
- Wash and dry your child's hands regularly, especially before preparing and eating food
- Remember to wash your child's hands after play and petting animals



Wash your child's hands after play, after petting animals and before eating

## Breastfeeding is recommended



## Lead and pregnancy

Children and pregnant mothers are considered to be more sensitive than adults to the effects of lead on health.

Lead is transferred to unborn infants during pregnancy, and a small amount passes into breast milk.

It is very important that pregnant and breast feeding mothers keep their blood lead levels as low as possible.

## Healthy eating

Eating foods high in calcium, iron, vitamin c, zinc and magnesium can help reduce the amount of lead that goes into your child's body.

Children need regular meals to reduce the risk of lead absorption.

A child that has not eaten will absorb more lead than a child that has eaten.

## Healthy foods for your mob

<b>Calcium</b>	milk, yoghurt, cheese
<b>Iron</b>	bush meats, fish, beef, chicken, chocolate, green vegetables, kidney beans, wholemeal bread
<b>Zinc</b>	lamb, baked beans, peanuts, peas, cereal, broccoli
<b>Vitamin C</b>	mango, tomato, oranges, red cabbage, sweet potato, chillies
<b>Magnesium</b>	corn, spinach, peanut butter, oats, rice, bananas, sultanas



A healthy child is a happy child