



## Being lead safe is easy!

Follow the Alliance key message:

### “Wet Wipe, Wash & Eat Well”

**Wet Wipe.** Regularly wet wipe all benchtops and mop all hard floor surfaces. Remember to wash the mop and cloth regularly.

**Wash.** Regularly wash your and your child’s hands, especially before eating, after playing outside and petting animals.

**Eat Well.** Children should have frequent meals and snacks to reduce the risk of lead absorption.

## Free blood lead testing

QML Pathology – 13a Isa Street, Mount Isa  
Monday to Friday 7am to 2pm  
No appointment required  
Phone: 07 4743 4299



Living safely with lead

## Healthy backyard - a lead safe garden is a healthy garden!

- Cover bare soil areas with mulch, grass, gravel, pavers or rocks.
- Children’s play areas can be covered with clean topsoil and healthy turf or ground cover; mulch is the cheapest.
- You can build a sandpit for your child to play in safely. Ensure you purchase sand from a reputable supplier and keep the sand pit covered when not in use.
- It is essential that you wash your hands thoroughly after working in your garden.
- Leave shoes outside to reduce the amount of soil you bring into your home.
- Place mulch, rocks and pebbles in garden beds to reduce the amount of bare soil areas accessible to children.
- Raised vegetable garden beds are a great way to teach your child safe gardening skills and learn about healthy foods. Remember to stress the importance of washing your hands after working in the garden.

## Living with Lead Alliance

**FREE CALL 1800 457 547**

www.livingwithlead.com.au  
P: 07 4743 4393  
F: 07 4743 9571  
M: 0458 401 036  
E: projectofficer@livingwithlead.com.au  
OFFICE: Isa Street, (Opposite Woolworths)

*Proudly produced by the Living with Lead Alliance  
Living Safely with Lead Version One*

*Partners: Queensland State Government – Queensland Health,  
Department of Environment and Heritage Protection, Xstrata  
Mount Isa Mines and Mount Isa City Council.*



Living with Lead Alliance

## Living with Lead Alliance

FREE CALL 1800 457 547  
www.livingwithlead.com.au

While lead is present in the region naturally and from industrial activities, there are simple measures we can all take to reduce our exposure.

To reduce the possible risk of lead absorption it is essential that you follow the Alliance's key message:

### *Wet Wipe, Wash & Eat Well*

## How lead enters the body

The most common way of absorbing lead, particularly for young children, is through hand to mouth movements (eating lead contaminates).

Toddlers are generally at greater risk due to their tendency to put things into their mouths. Children are also much more susceptible to absorbing the lead that enters their body than adults.



## Healthy body - how can I reduce the risk of lead absorption?

- Teach your children to thoroughly wash their hands before eating, after playing outside and after petting animals.
- Dummies should be washed regularly and pinned to clothing.
- Wash your hands before preparing food.
- There are a few simple ways to minimise the potential for exposure to metals from home grown fruit and vegetables; always wash fruit and peel root vegetables before eating.

## Healthy eating - how can I reduce absorption from the stomach to the blood stream?

Ensure your child has frequent snacks and meals. A child with an empty stomach may absorb more lead than a child that has a full stomach. Proper diet and regular meals help with this.

A diet rich in the following vitamins and minerals may help protect you and your family from lead absorption:

1. **Calcium** is an important mineral for strong bones and teeth and may help reduce the amount of lead your body absorbs.
2. **Zinc** is an important mineral for growth and development and eating zinc rich foods may help reduce lead absorption.
3. **Vitamin C** is an important vitamin to help enhance the absorption of iron and zinc from foods.
4. **Magnesium** is an important mineral for energy and muscle function. Eating magnesium rich foods may enhance the role of calcium in the body.
5. **Iron** is an important mineral for strong blood and improved energy, eating fruit and vegetables helps get the most iron from food for your body.



## Healthy home - how can I reduce exposure to lead in my home?

- Wet mop hard floors and wet wipe benches and work tops - remember to wash the mop and cloth regularly.
- Wash toys and window sills regularly.
- Store away toys to limit dust build up.
- Place door mats at all door entrances to your home and clean them regularly.
- Keep work boots and yard shoes outside.
- Keep dogs outside, in a kennel or shaded area, ensure they have access to water and groom them regularly.
- Move children to another room when vacuuming.

## Healthy pregnancy – how can I reduce lead absorption to my unborn baby?

- Lead is readily transferred from the mother to the developing unborn child.
- A small amount of lead is transferred to the baby via breast milk, it is essential that all breast feeding mothers ensure they keep their blood lead levels as low as possible.
- Remember to follow the Alliance key message: wet wipe, wash & eat well.
- Breast feeding is recommended.