



Living with Lead Alliance



Living safely with lead Newsletter

Key Lead Safe message

The Living with Lead Alliance would like to inform the community about how to live safely with lead during the current level 4 water restrictions. It is essential that we all work together to ensure that we reduce the possible risk of elevated blood lead levels in our children and be vigilant in reducing lead dust in our homes. Due to the current dry conditions, it is difficult to keep water up to grassed areas and many lawns are now just bare soil.

The Alliance recommends the following prevention measures:

- Try and keep very young children and crawling babies away from these bare soil areas as much as possible.
- It is essential that you and your children wash their hands regularly during the day after playing outside, petting animals and especially before eating.
- To reduce bare soil areas in your yard you can use mulch and pavers in and around a child's play area. Mulch will also help keep water evaporation to a minimum.
- To reduce dust in the home, keep windows closed as often as possible, regularly wet wash and wipe worktops and benches, especially food preparation areas, wet mop hard floor surfaces regularly. Remember to rinse the cloth and mop during the cleaning process.
- Keep yard shoes and work boots outside to reduce the amount of dust you bring into the home. Try and keep dogs outside, ensure they have access to shade and drinking water, wash and groom them regularly.
- Pin a baby's dummy to the baby's clothing to prevent it falling on the floor and picking up dust. Crawling babies tend to put things into their mouths, so try to keep toys and floors dust free.
- Pregnant and breast-feeding mums need to ensure that their blood lead levels are as low as possible as lead can be transferred to a baby through the placenta and breast milk.
- Children need regular healthy meals and snacks throughout the day to ensure they have a full stomach and reduce the absorption of lead. A child with an empty stomach will absorb more lead than a child that has a regular healthy diet.
- If you are unsure of the above measures, please free call 1800 457 547 for further information.

FREE CALL 1800 457 547

Visit our website: www.livingwithlead.com.au

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ISSUE ONE | JAN—MAR 2015

UPCOMING EVENTS

- **Centacare Mega Play Group**

Where: Library Park

Date: 24th March 2015

Day: Tuesday

Time: 9am-12pm

Theme: Super Hero's

QUESTIONS ABOUT LEAD?

If you have any questions about living safely with lead in Mount Isa, go to www.livingwithlead.com.au to download our Q & A and fact sheet.

Alternatively, call us on:

FREE CALL 1800 457 547

FREE BLOOD TESTING

QML Pathology

13a Isa Street, Mount Isa

Phone: 07 4743 4299

OPEN: Monday—Friday 7.30am to 2.00pm

CONTACT US

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To unsubscribe, please email projectofficer@livingwithlead.com.au.

The **Living with Lead Alliance** is a public education initiative developed by its community partners Mount Isa City Council, Queensland Health, Department of Environment & Heritage Protection and Mount Isa Mines. Chaired by state member for Mount Isa Rob Katter.