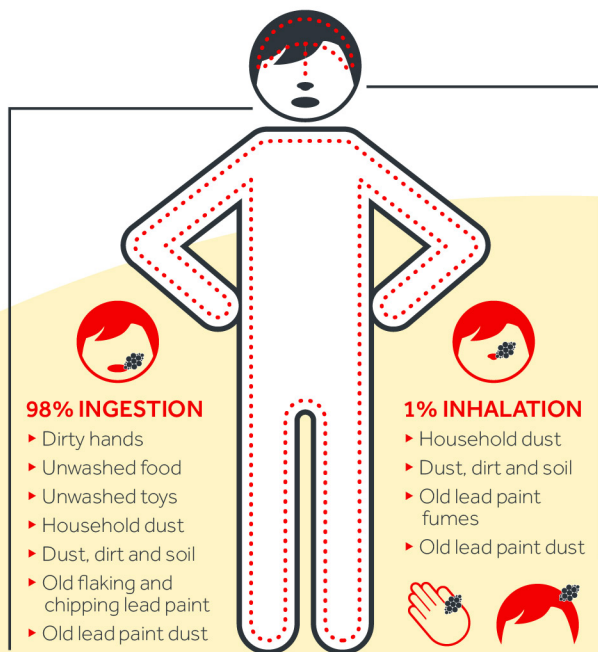


Lead is a metal that has been mined in Mount Isa for many years. It's in the dust, dirt and soil.

Our dry climate means lead dust gets into everything, via the air. It can also be found in old lead paint, especially in homes built before 1970.

Lead does not belong in the human body. When it gets into our bodies, it can build up and make us sick.

MAIN EXPOSURE PATHWAYS OF LEAD



Lead can harm kids' brain development, which may cause behaviour and learning problems that can last a lifetime.

There are simple things you can do to reduce blood levels and prevent harm from lead. Living smart can reduce the amount of lead our kids are exposed to, helping them grow up strong and healthy.



Lead Alliance



Lead Alliance

Living **Safely** with Lead

Get in **Touch**

FREECALL
1800 457 547
leadalliance.com.au

- Old Courthouse
Isa Street, Mount Isa.
Queensland 4825
- admin@leadalliance.com.au

North West
Hospital and Health Service



Lead safe.

Information for our Mob.



Your Mob can reduce how much lead is in your houses.

Here's how:

- ▶ Take those floor mats outside and clean them regularly.
- ▶ Sweep and mop out every day.
- ▶ Keep those work boots and shoes outside.
- ▶ Vacuum every day.
- ▶ Wipe down those toys belonging to your piccaninnies.
- ▶ Wash your pets regularly.
- ▶ Wipe down all benches and tables with a damp cloth.
- ▶ Wash all your fruit and vegetables before eating them.
- ▶ Ask your piccaninnies to play on the grass - not the dirt.

FREE BLOOD LEAD TESTING AVAILABLE

FREE POINT-OF-CARE

MATERNAL, CHILD AND YOUTH HEALTH SERVICE

3 Lucy Street, Mount Isa. Call 07 4764 0850

GIDGEE HEALING

121 Marian Street, Mount Isa. Call 1800 443 433

FREE BLOOD LEAD TESTING

QML PATHOLOGY

13 Isa Street, Mount Isa. Call 07 4743 4299

SULLIVAN NICHOLAIDES PATHOLOGY

76 Camooweal Street, Mount Isa. Call (07) 4430 8037



Do you know that you can keep lead out of your house and away from your piccaninnies/children?

Being a mum to your unborn baby/children you just need to follow some easy steps:

- ▶ Eat good tucker high in
 - Iron** (beef, wholemeal bread, green vegetables)
 - Vitamin C** (oranges, lemons, sweet potatoes, chillies)
 - Calcium** (milk, yoghurt, cheese).
- ▶ Breastfeed your bubba.
- ▶ Keep your clothes clean of dirt and dust.
- ▶ Clean your hands before preparing foods.
- ▶ Wash yours and your children's hands after playing with animals.



Keep your babies and piccaninnies safe from lead.

Take these simple steps:

- ▶ Wash and dry your children's hands regularly.
- ▶ Bathe and wash hair regularly.
- ▶ Clean or trim under their finger nails.
- ▶ Babies and piccaninnies need breakfast, lunch, dinner and snacks - eating foods that are high in Iron, Vitamin C and Calcium because tucker in their tummies helps absorb the lead.