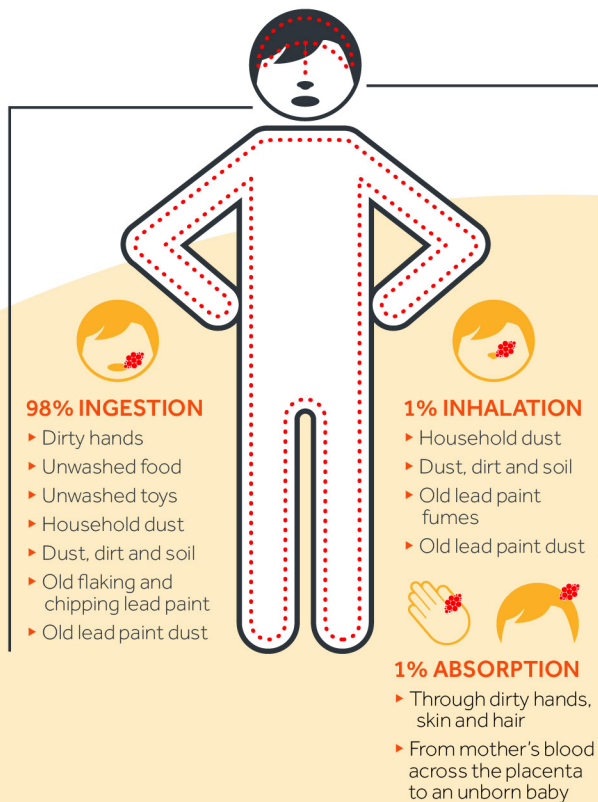


Lead is a metal that has been mined in Mount Isa for many years. It's in the dust, dirt and soil.

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](http://leadalliance.com.au)

- Old Courthouse  
Isa Street, Mount Isa.  
Queensland 4825
- [admin@leadalliance.com.au](mailto:admin@leadalliance.com.au)

North West  
Hospital and Health Service



## Lead safe.

## Pregnancy and babies.





Lead is a health risk for everyone, but it affects children more than adults and babies most of all.

Childrens' bodies absorb lead more easily, because they are smaller and their bones and brains are still growing, the lead causes more harm.

Babies can come into contact with lead in dust, dirt or soil if it is around the home or on adults' skin, hair, shoes and clothing.

As babies grow and are able to move around, they can swallow lead when they put things in their mouths, crawl and play on the floor, touch surfaces indoors and outdoors, and touch their mouths with dirty hands.

- ▶ Dummies should be washed regularly and pinned to clothing.
- ▶ Bottles, teething toys and accessories should be washed regularly.
- ▶ Wash hands before preparing food, feeding or handling a baby.



If you're pregnant or thinking of having a baby, it's time to start planning for lead. Pregnant women pass lead to their unborn babies through their blood.

A newborn baby's lead level is the same as their mother's.

During pregnancy, you will be offered a blood lead test depending on your age, health, family medical history and other things through the Anotal Blood Test. If level is high you will be referred to your GP.

## Healthy Pregnancy

- ▶ 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 levels as low as possible.



## Eat Safe

Eating healthy foods and snacking regularly whilst pregnant helps reduce the amount of lead that is passed on to your baby. It's good to eat lots of

- ▶ **Calcium** (dairy foods)
- ▶ **Iron** (red meat, chicken, fish, eggs and green vegetables)
- ▶ **Fibre** (grainy breads and cereals, whole fruits and vegetables)
- ▶ **Vitamin C** (eating foods high in vitamin C at the same time as iron helps the absorption of iron).

## Baby Safe

Tradespeople, contractors and mining industry workers should change out of work clothes, shower and wash their hair before nursing their babies.