



**Living with Lead Alliance**



# Living safely with lead Newsletter

## Lead Management in Mount Isa

ISSUE FOUR | OCT-DEC 2015

The Living with Lead Alliance acknowledges the recent contribution by Dr Malcolm Forbes and Professor Mark Taylor regarding environmental lead exposure and management in Mount Isa. This article as well as further information from the Public Health Unit and message from the Chair of the Living with Lead Alliance Mr Rob Katter can be found on our website [www.livingwithlead.com.au](http://www.livingwithlead.com.au) home page

The Living with Lead Alliance would like to inform the Mount Isa community that based on our most up to date information, lead levels in our children are declining. Nevertheless, it is essential that parents keep following the Alliance's key messages to ensure they reduce any possible risk of elevated blood lead levels in children and pregnant women.

### 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.

#### FREE BLOOD TESTING:

QML Pathology, 13a Isa Street, Mount Isa, Phone: 07 4743 4299, OPEN: Monday—Friday 7.30am to 2.00pm

**FREE CALL 1800 457 547**

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