



# Health and Wellness Tip of the Week - Week 13

March 31, 2014

## Monthly Topic

National Poison Prevention Week is in March so it's a great time to provide poison prevention tips to your employees

## Get the Lead Out

At least four million households have children living in them that are being exposed to lead. Even low levels of lead in blood have been shown to affect IQ, ability to pay attention and academic achievement. And effects of lead exposure cannot be corrected. Most common sources of lead in the home may include:

- Lead-based paint
- Toys
- Toy jewelry
- Ceramics
- Lead water pipes
- Lead solder used in plumbing

If you are concerned about lead levels in your home, talk to your child's doctor or visit the Lead Poisoning page on the Centers for Disease Control & Prevention website.

*Source: Centers for Disease Control & Prevention*



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