



Mt Isa Living with Lead Alliance - Lead and Your Mob (flyer) 2020

How you can reduce exposure to lead

- Place door mats at all door entrances to your home and clean them regularly
- Keep work boots and yard shoes outside
- Wet mop floors and wet mop benches
- Wash your and your child's hands regularly
- Regularly wash your child's toys, windsocks and especially babies dummies
- Cogs should be kept outside in a kennel or shaded area with access to water
- When vacuuming, remove children from the room
- Wash all root vegetables before eating

About the Living with Lead Alliance

The Living with Lead Alliance was established to develop and deliver an education and ongoing public relations campaign to ensure the health of Mount Isa residents.

The Alliance consists of representatives from the Mount Isa City Council, Queensland Health, The Department of Environment and Heritage Protection (DERM) and Mount Isa Mines.

The safety and wellbeing of all Mount Isa residents is our priority.

Lead and Your Mob

Information for you and your family





Free Blood Lead Testing

QML (Queensland Medical Laboratory)
13a Isa Street
Phone: 07 4743 4290
OPEN MONDAY to FRIDAY
7.30am to 2.00pm

More Information

For more information regarding living safely with lead please contact the Living with Lead Alliance:

Isa Street (opp Woolworths)
Freecall: 1800 457 547
Office: 07 4743 4393
Mobile: 0458 401 036
www.livingwithlead.com.au



Wet wipe

- Use a wet cloth for dusting instead of a dry cloth, rinse the cloth regularly
- Wet wipe all benches and surfaces
- Wet mop floors and hard surfaces instead of sweeping
- Remember to rinse out your mop regularly
- Regularly wash your child's toys, especially when feeding

Wash

- Substantial amounts of lead can be found in the dirt on your child's hands at all ages, which can elevate their blood lead levels
- Wash and dry your child's hands regularly, especially before preparing and eating food
- Remember to wash your child's hands after play and petting animals



Wash your child's hands after play, after petting animals and before eating.

Shielding in rooms under



Lead and pregnancy

Children and pregnant mothers are considered to be more sensitive than adults to the effects of lead on health.

Lead is transferred to unborn infants during pregnancy, and a small amount passes into breast milk.

It is very important that pregnant and breast feeding mothers keep their blood lead levels as low as possible.

Healthy eating

Eating foods high in calcium, iron, vitamin C, zinc and magnesium can help reduce the amount of lead that goes into your child's body.

Children need regular meals to reduce the risk of lead absorption.

A child that has not eaten will absorb more lead than a child that has eaten.

Healthy foods for your mob

Calcium	milk, yoghurt, cheese
Iron	bush meats, fish, beef, chicken, chocolate, green vegetables, kidney beans, wholemeal bread
Zinc	lamb, baked beans, pecans, peas, cereal, broccoli
Vitamin C	mango, tomato, oranges, red cabbage, sweet potato, chilies
Magnesium	corn, spinach, peanut butter, oats, rice, bananas, sultanas



A healthy mob is a happy mob!