



Health effects of lead on infants and young children:

- Lead exists naturally in our environment. Lead can enter the human body by ingestion, inhalation and skin absorption. Because of the small body size, children under 6 are more likely to absorb lead. Their developing brains will be adversely affected if their blood lead level is high.
- Lead may be found in children's products and household items. Parents can minimise children's lead exposure by making good food choices, taking actions on home hygiene and safety. As lead is excreted from urine and bile naturally, these actions help achieve a low blood lead level.

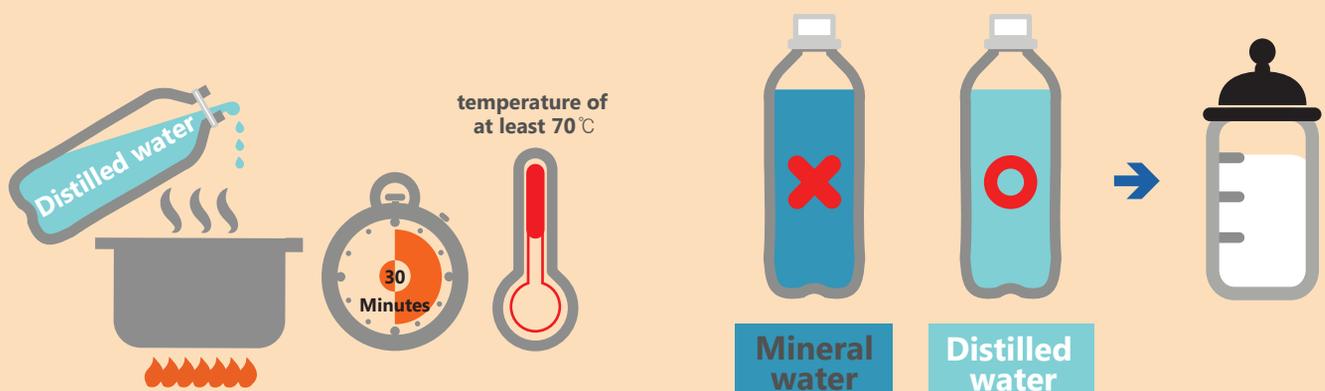
How to help your children reduce lead exposure from foods and environment:

1. Use a safe water source such as bottled distilled water for drinking and cooking:



2. Use bottled distilled water instead of tap water to prepare infant formula:

- Bottled distilled water must be boiled before it is used for preparing the feed. Boiled water should be used within half an hour; so that water temperature is at least 70°C.
- Mineral water is not suitable for making up infant formula because its mineral content may exceed the baby's need.



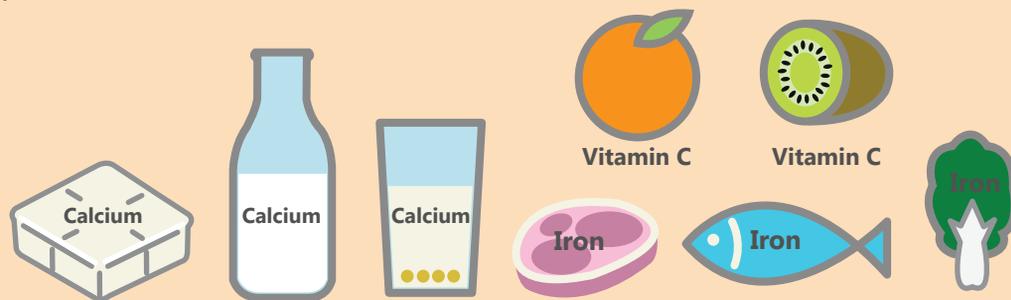
3. Continue breastfeeding your baby:

- Mothers' blood lead level may increase after exposure to lead. However, lead level in breastmilk should be far lower than that in blood. Mothers do not have to stop breastfeeding. Breastfeeding mothers are advised to take a blood test to find out blood lead level.

- Breastfeeding is unlikely to raise baby's blood lead level if mother's blood lead level is only slightly higher than normal. Unless breastfeeding mother's blood lead level is very high (40 microgram/dL or above), the mother can continue to breastfeed and let her baby gain the benefit of breastmilk.

4. Ensure adequate nutritional intake:

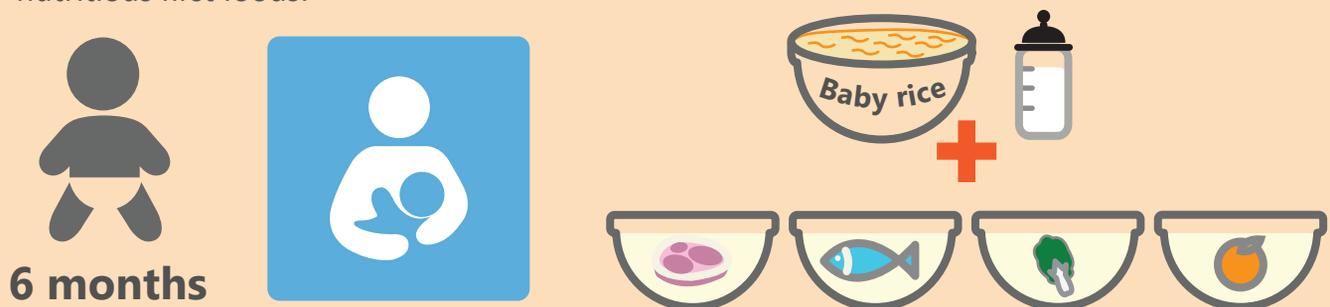
- Sufficient dietary intake of calcium, iron and vitamin C can help minimise lead absorption. Food sources of calcium include milk, tofu, and calcium-fortified soymilk. Meat, fish, and dark green leafy vegetables are rich in iron. Fresh fruits such as orange and kiwifruits are good sources of vitamin C.



- Include iron-rich foods in your diet. Consuming vitamin C rich fruit with meals helps the body absorb iron from other foods.



- Other than breast milk or formula milk, introduce solid food to your baby at around 6 months of age. Apart from iron fortified baby rice, meat or fish puree, pureed leafy vegetables and fruits are nutritious first foods.



- After their first birthday, children can generally share family's foods. They eat better with a regular schedule of 3 main meals and 2 snacks a day. A diet with 480ml milk daily is sufficient to meet their needs for calcium.



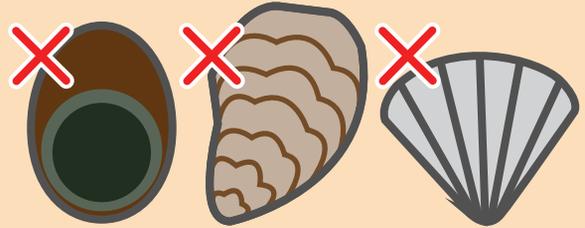
5.

Ensure food safety:

- Before cooking, soak and wash vegetables, particularly leafy vegetables, thoroughly to remove dust and soil in order to reduce the level of lead.



- Avoid offering children foods high in lead, such as lime preserved egg, oyster, and shellfish.



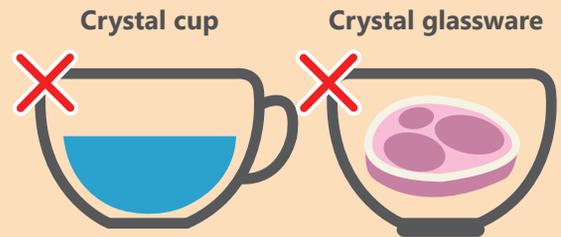
6.

Ensure tableware safety:

- Refrain from using colour painted ceramic tableware and cups unless the item is labelled "lead-free" or you are sure that the material used is safe.



- Do not store foods and drinks in crystal glassware.

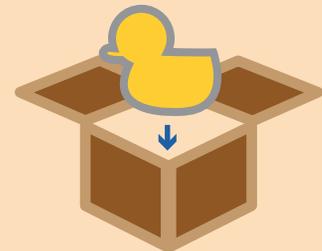


7.

Ensure safe toys:

- Toys with paints of deeper colour may contain lead. Parents can verify with the retailers or manufacturers or check the product label for statements on the compliance with the ISO, EN71, or ASTM F963-11 safety standards.

- Remove the toys if you are not sure whether they are safe for children.

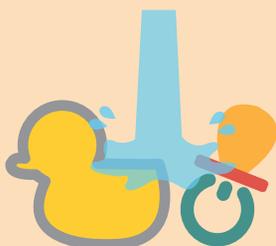


8.

Keep home clean and maintain good personal hygiene of your children:

- Wash children's toys and pacifiers frequently.

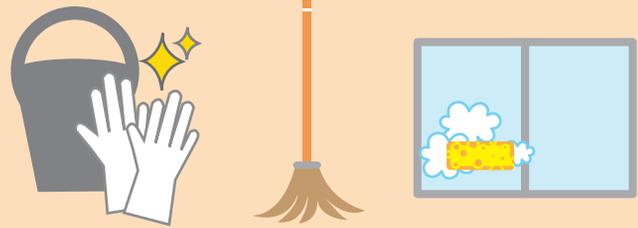
- Wash children's hands before they eat and sleep. Wash their hands and clean their face frequently to remove the lead dust on their skin.



- Family members should refrain from smoking.



- Remove dust in the household. Mop floors frequently, and use damp cloths or sponge to clean windowsills and furniture.



9. Keep children away from items that may contain lead, these include:

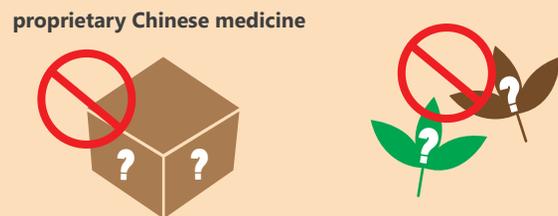
- Some paints may contain lead. Fix the deteriorating paints and keep children away from it. Stop children from mouthing the crayons, paint fragments, and furniture.



- Hair dye, eye shadows known as Kohl and Surma from Arabia, Middle East, and South Asia.



- Chinese herbal medicine or proprietary Chinese medicine of unknown origin.



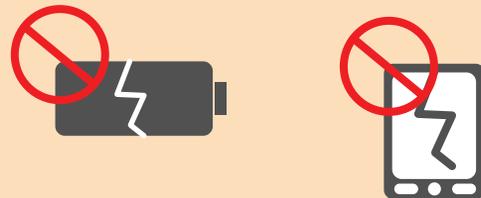
- Fishing sinker.



- Incense and candles.



- Damaged batteries and electronic devices.



- Parents and caregivers should wash their hands after handling the above items.



- Family members, who are exposed to lead and lead compound at work, are advised to change their clothes and take off their shoes before entering home.

