

Lead is a naturally occurring element and there is lots of it in the Rosh Pinah area. As such, lead has been mined in Rosh Pinah 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.

When lead builds up in our bodies it can make us sick.

## Main exposure pathways of lead



### 98% ingestion

- Dirty hands
- Unwashed food
- Unwashed toys
- Household dust
- Dust, dirt and soil
- Old flaking and chipping lead paint
- Old lead paint dust



### 1% inhalation

- Household dust
- Dust, dirt and soil
- Old lead paint fumes
- Old lead paint dust
- Leaded petrol fumes



### 1% absorption

- Through dirty hands, skin and hair
- From mother's blood across the placenta to an unborn baby

Lead can harm children's brain development, which may cause behaviour and learning problems that can last a lifetime.

There are simple things you can do to prevent and reduce the potential health risk from lead. Living smart can reduce the amount of lead our children are exposed to, helping them grow up strong and healthy.



For more information, please ring  
(within working hours, 7am to 4pm)

**(063) 274 392**



This flyer was issued by Rosh Pinah Zinc



# Eat safe

Healthy eating and nutrition

**Lead SAFE in Rosh Pinah**

and other areas of naturally occurring lead





Children with healthy diets absorb less lead. A healthy diet has lots of iron, vitamin C and calcium.

### Calcium

Dairy foods are the best sources of calcium. Everyone needs two or three serves of dairy every day. One serve of calcium is:

- 1 cup of milk or calcium enriched soy milk
- 1 small tub of yoghurt
- two slices of cheese

### Smart eating habits

#### Wash heads before eating

Hand washing is one of the most effective ways to keep lead out of our bodies. Make sure the children always wash their hands before eating.

#### Drink plenty of water

Rainwater from water tanks looks and smells like clean water but can still contain lead. Avoid drinking it or using it to prepare or cook food. Drink bottled water instead or tap water if it's safe.

#### Eating on the floor

It is best to sit children at the table or put babies in a high chair. If the children do sit on the floor - or on the ground outside - put down a clean sheet, towel or blanket first, to keep lead dust or dirt out of the food and off their hands.

#### Regular small healthy snacks

A tummy full of healthy food protects children from lead.



### Breakfast is the most important meal of the day

A child who doesn't eat breakfast can absorb up to seven times more lead than a child who does eat breakfast.

### Eat plenty of washed fruit and vegetables

Always wash fruit and vegetables before eating them - especially if grown at home.

### Eating smart means eating less fat

High fat foods cause your body to absorb more lead. Try to eat less of things like butter, cream, takeaway food, cakes and chocolate.

### Watch out for pica

Pica is the habit of eating non-food items such as soil and paint flakes. If your child shows signs of doing this, please provide a clean eating space and discourage them from doing this. If they have been doing this for a long time, discuss this with your doctor as soon as possible, to make a plan to eliminate this habit and reduce the impact.

### Iron

Foods high in iron include:

- Meats such as beef, lamb, pork
- Poultry such as chicken and turkey
- Fish such as sardines, salmon and tuna
- Wholegrain bread
- Iron rich breakfast cereals
- Baked beans, dried peas, beans, lentils
- Green leafy vegetables, spinach (omboga, omutete)
- Dried fruit, eggs and peanut butter

### Vitamin C

Eating foods high in vitamin C at the same time as iron rich foods helps your body absorb more iron. Foods high in vitamin C include:

- Citrus and tropical fruits
- Berries
- Vegetables