

# Lead (Pb) Health Resources for Further Information

## Norwich, Vermont RESOURCES

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### Childhood Lead Poisoning Prevention and Testing

There is no safe level of lead in the body. Lead can harm anyone, but babies, young children and pregnant women are at special risk. A child with lead poisoning doesn't look or act sick, but lead can cause serious health problems. The only way to find out if your child has been exposed to lead is with a blood test.

#### Primary Care Provider

All children in Vermont should have their blood tested at their 12 month and 24 month well child visits (Vermont Law).

Primary care providers are a good first resource to help determine if your child has had or needs to have their blood lead levels checked. If you are concerned about your child's exposure to lead, contact your child's doctor or primary care provider.

#### Vermont Department of Public Health

For more information about lead poisoning prevention and testing, call the Healthy Homes Lead Poisoning Prevention Program at 802-863-7220 or 800-439-8550 (toll-free in Vermont) or visit [healthvermont.gov/lead](https://healthvermont.gov/lead)

### Prevention of Lead Exposures in Homes

#### Vermont Department of Public Health

##### ➤ Lead Dust Exposure Prevention

Lead poisoning is preventable. The major source of lead poisoning in Vermont children is lead dust from chipping or peeling lead-based paint, but there are many other lead hazards. Lead poisoning can be prevented when you know what danger signs and hazards to look for. More information, including a video on testing for lead dust, can be found at: <https://www.healthvermont.gov/environment/home/lead-hazards-and-lead-poisoning>

##### ➤ Drinking Water and Lead Exposure Prevention

Testing is the only way to know if lead is in your drinking water. Both public and private drinking water systems can contain unsafe levels of lead from sources such as copper piping, brass fittings and fixtures, and faucets themselves. More information about water testing, and mitigation strategies can be found at: <https://www.healthvermont.gov/environment/drinking-water/lead-drinking-water>

##### ➤ Drinking Water Test Package

Out of the people who test their well or spring water at the public health lab for the routinely recommended contaminants, 4 out of 10 results come back with elevated levels. To Order the VT Homeowners Testing Package visit [www.healthvermont.gov/water/testing](https://www.healthvermont.gov/water/testing)

### Soil Testing

#### University of Vermont Extension

To have your soil tested for lead and for further soil analysis, the University of Vermont Extension program offers soil testing for a small fee. More information can be found at <https://www.uvm.edu/extension/agricultural-and-environmental-testing-lab> or they can be reached at 802-656-3030.

## REGIONAL AND NATIONAL RESOURCES

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### Lead and Children

- ✓ Blood Lead Levels in Children Fact Sheet. Centers for Disease Control and Prevention: <https://www.cdc.gov/nceh/lead/docs/lead-levels-in-children-fact-sheet-508.pdf>
- ✓ Heavy Metals in Products. Environmental Protection Agency <https://www.epa.gov/children/heavy-metals-cultural-products>

### SoilSHOP

- ✓ Agency for Toxic Substances and Disease Registry - SoilSHOP  
<https://www.atsdr.cdc.gov/soilshop>

### Safer Urban Gardening

- ✓ EPA Reusing Potentially Contaminated Landscapes: Growing Gardens in Urban Soils. Prepared by EPA's Office of Solid Waste and Emergency Response, Office of Superfund Remediation Technology Innovation. EPA-54 2-F-10 -011. (Spanish Version: EPA-542-F-10-011S):  
[https://clu.in.org/download/misc/urban\\_gardening\\_fact\\_sheet.pdf](https://clu.in.org/download/misc/urban_gardening_fact_sheet.pdf)
- ✓ Know Before You Grow. Prepared by EPA's Office of Land and Emergency Management. EPA-560-F-21-201.  
<https://www.epa.gov/brownfields/turning-brownfields-community-supported-and-urban-agriculture>
  - Frequently Asked Questions about Brownfields and Urban Agriculture.  
<https://www.epa.gov/brownfields/frequent-questions-about-brownfields-and-urban-agriculture>
- ✓ The Food Project's Do-It-Yourself Raised Bed Building Manual. Prepared by the Food Project (Nonprofit):  
<https://thefoodproject.org/wp-content/uploads/2019/06/DIY-bag-manual.pdf>
- ✓ What You Need To Know About Growing and Eating Fruits and Vegetables Safely. Connecticut Department of Public Health, Environmental and Occupational Health Fact Sheet:  
[www.ct.gov/dph/lib/dph/environmental\\_health/eoha/pdf/safe\\_gardening\\_fact\\_sheet\\_2014rev.pdf](http://www.ct.gov/dph/lib/dph/environmental_health/eoha/pdf/safe_gardening_fact_sheet_2014rev.pdf)