

PUBLIC HEALTH MATTERS



LEAD POISONING IN ST. LAWRENCE COUNTY

Lead poisoning is a serious problem in St. Lawrence County. Currently, over 70 children are being monitored for lead poisoning. Even at low levels, lead can cause brain damage, slowed growth, development, learning, and behavioral problems.

Protect your child from lead poisoning:

- Talk to your doctor about a blood lead test
- Keep your home lead-safe

75% of homes in St. Lawrence County were built before 1978 and many contain lead paint

Keep your home lead safe:

- Fix areas with chipped and peeling paint such as windows and porches
- Regularly clean floors, windowsills, and dusty surfaces with a wet cloth or mop
- Follow safe practices for removing lead-based paint or hire lead-safe contractors

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HOW CAN I REDUCE MY CHILD'S EXPOSURE TO LEAD?



Recent news articles regarding lead contamination in baby foods may have you concerned for your child's nutritional wellbeing. Here are some simple steps you can take to reduce your child's exposure to lead.

SERVE A VARIETY OF FOODS

Providing a diverse diet can help provide an array of vitamins and nutrients that may offset the damage caused by lead. Focus on foods high in Iron, Calcium, and Vitamin C.

READ FOOD LABELS

Be sure to check the list of ingredients to ensure that baby foods offer the variety they claim.

AVOID FRUIT JUICE

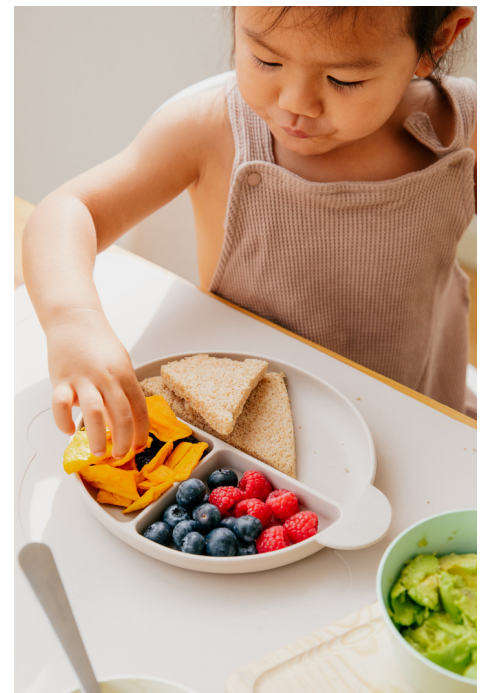
Many fruit juices, particularly apple and grape, may contain high levels of heavy metals.

SWITCH UP GRAINS

Rice cereals often contain high levels of metals compared to other crops. Try other grains such as oats, barley, quinoa, farro, couscous, and multi-grain cereals.

HAVE YOUR WATER TESTED FOR LEAD

Heavy metals can get into tap water and pipes in older homes may contain lead. Call the Bureau of Water Supply Protection at 518-402-7650 to request a free lead test.



CARBON MONOXIDE

Carbon monoxide (CO) is a colorless, odorless, tasteless gas that is produced by fuel-burning appliances.

Malfunctioning and improperly ventilated equipment may allow the gas to build up to unsafe levels and without a CO alarm, it is impossible to detect.

Carbon monoxide is sometimes referred to as the “silent killer” because every year over 400 people across the US die from accidental CO poisoning. At lower levels, carbon monoxide leaks can cause headaches, confusion, blurred vision, hallucinations, and feelings of dread.

Fortunately, carbon monoxide poisoning is entirely preventable with proper installation, ventilation, and maintenance of fuel-burning appliances.



PREVENT CARBON MONOXIDE LEAKS IN YOUR HOME:

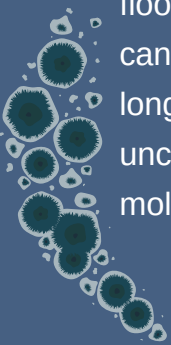
- Install CO detectors outside each sleeping area and on every level of the home.
- After snowstorms, ensure that vents are clear of snow.
- Service heating systems, water heaters, or any other gas, oil, or coal-burning appliances yearly.
- Inspect fireplace, chimney and flues before each heating season.
- Never use a gas range or oven for heating.
- Never run engines in an enclosed garage - let the car idle outside.
- Use generators outdoors, away from windows, doors, and vents.
- Only use gas or charcoal grills outside.
- Change your air filters regularly to increase airflow and prevent blockages.



SPRING INTO ACTION TO PROTECT YOUR HOME FROM MOLD



In St. Lawrence County, months of heavy snowstorms followed by rapid thawing can lead to everything from ice dams and leaking roofs, to flooding basements. Such events can lead to mold growth and the longer these conditions go uncorrected, the more damage that mold can do to your home.



Mold exposures can trigger a number of health issues including mild allergic reactions, stuffy nose, sore throat, coughing and wheezing. In addition, to physical problems, new research is showing mold toxicity can also manifest itself in a psychiatric way including brain fog, depression, and insomnia.



"There are many types of mold, and none of them will grow without water or moisture."

Controlling moisture in your home is the key to preventing mold growth. Take time this spring to INSPECT your home for:

- Any areas the roof may be leaking
- Sloping ground that allows melting snow and ice into the basement
- Melting frost in a basement or attic
- Gutters full of debris or not draining as they should
- Trees or branches touching the home
- Leaking hose bibs or pipes that may have frozen and cracked in the winter
- Sump pumps that are not operating properly

OLDER ADULTS AND OVERDOSE

Drug and alcohol use disorders have impacted seniors in the United States as it has among younger Americans. Over 5,000 people ages 65 and over in the U.S. died of a drug overdose in 2020, and more than twice that many (11,616) died of alcohol-induced causes.



In 2020, alcohol-induced death rates were over three times higher among men ages 65-74 than among women, and four times higher among men ages 75 and over than among women of that age.

Alcohol-induced death rates in the 65-and-older population have been increasing since 2011 and rose more than 18% from 2019 to 2020.

SOURCE: Alcohol-induced deaths in adults aged 65 and over: United States, 2019 and 2020. NCHS Health E-Stats.

The age-adjusted death rates from drug overdoses for adults aged 65 and older have seen an increase in the past two decades.

Between 2000-2020:

- For men aged 65-74 death rates were highest for non-Hispanic Black men (67.3%) .
- For women aged 65-74 were highest for non-Hispanic Black women (12.0%)

SOURCE: National Center for Health Statistics, National Vital Statistics System, Mortality.

CHILDREN'S PROGRAMS AT ST. LAWRENCE COUNTY PUBLIC HEALTH



REFERRAL
FORM

EARLY INTERVENTION

To support and promote the development of those infants and toddlers who have special needs related to developmental delays and to enhance the capacity of their families to meet their needs.

CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS

Provide resources and referrals for children in the community to ensure access to health care, insurance, information and support.

CHILD FIND

Provides developmental assessments of children age birth to three. Educate parents regarding child developmental stages. Referrals made to other providers as needed.

MATERNAL CHILD HEALTH

Offers a one time home visit for mom and baby anytime following hospital discharge. Help with breastfeeding, postpartum care and much more.

PRESCHOOL

Offers evaluations and a variety of services to help maximize the child's developmental potential. If you suspect that your child has a developmental delay or disability, contact your local school district's Committee on Preschool Special Education to make a referral.