

## FAMILY HEALTH PROGRAM

Primary prevention is the most effective way to prevent lead exposure in young children. Our Program offers a Healthy Families home visit to families with children less than 12 months of age in Trail and Rivervale. A Public Health nurse will meet with parents to answer their questions and show simple ways to promote children's health and wellbeing, and reduce lead exposure.

Secondary prevention including blood lead testing and follow-up services minimizes further exposure. Every year, our program offers free voluntary testing of blood lead for children from the age of 6 months to 3 years in Trail and Rivervale. Children up to age 5 from other Lower Columbia communities are welcome to attend. Public health nurses make it quick and easy for families.



## CREATING A HEALTHY ENVIRONMENT

The Trail Area Health & Environment Program is designed to help you keep your children and family healthy and safe.

The City of Trail, Teck, Interior Health, community leaders and residents work together through the Trail Area Health & Environment Committee to improve our environment.

Investments from Teck to lower metal emissions have resulted in less lead entering the community. The City of Trail has a comprehensive dust suppression, street sweeping and flushing schedule that aims to keep dust down during the hot and dry months. We have seen improvements in children's blood lead levels and continue making efforts to further reduce lead exposure in Trail and surrounding areas.

### Interior Health Public Health Nurse THEP Family Health Services

Kiro Wellness Centre  
1500 Columbia Avenue, Trail BC  
250-364-6223

**Text your public health nurse**  
250-231-5945

### Community Program Representative THEP Home & Garden Services

Community Program Office  
1319 Bay Avenue, Trail BC  
250-368-3256

**Visit**  
THEP website  
[thep.ca](http://thep.ca)

Healthlink BC  
[healthlinkbc.ca](http://healthlinkbc.ca)

# Lead & Your Family's Health



For more information please contact THEP Family Health Services at the Interior Health Kiro Wellness Centre (250-364-6223) or visit [thep.ca](http://thep.ca)



**WORKING TOGETHER**  
Creating a healthy environment



**TRAIL AREA**  
Health & Environment Program

**Most lead enters the body through the mouth via eating, drinking, or breathing in dust containing lead.**

**Young children are at a higher risk for lead exposure and its effects because:**

- › They often put their hands and objects in their mouths.
- › They sometimes swallow non-food items.
- › Their bodies absorb lead at a higher rate.
- › Their brains are developing quickly.

## **LEAD & YOUR FAMILY'S HEALTH**

Trail is a great place to live, work, and raise a family. The community has developed around Teck Trail Operations, one of the largest lead and zinc smelters that has been operating for more than a century.

Living next door to a smelter has created unique challenges in terms of minimizing exposure to lead in house dust and soil, mainly caused by historical emissions. Many improvements to reduce emissions from the smelter and address historical impacts to soils have been made.

There is no known safe level of lead exposure and no known safe blood lead concentration. Lead is most harmful to children younger than age 6 (especially those younger than age 3). Lead exposure can have detrimental effects on early childhood development and children's future outcomes. A pregnant woman who is exposed to lead can pass it to her baby. Lead can also be passed to a baby through the mother's breast milk. Still, there are actions you can take to help reduce your family's exposure to lead.

## **Actions to reduce the risk of lead exposure:**

- 1. Wash your hands and wash your children's hands** especially before eating and after playing outdoors.
- 2. Eat foods that have enough iron and other vitamins and minerals.** A person who eats a balanced, nutritious diet may absorb less lead. Eat at the table.
- 3. Keep your floors dust-free by vacuuming and damp-mopping often.** Leave outside shoes at the door. Damp dust frequently, especially window ledges and countertops.
- 4. Keep outdoor play areas clean.** Cover the sandbox when you are finished playing. Hose off patios, play equipment, and driveways often. Play on the grass and cover bare soil areas.
- 5. Renovate safely.** Seal off the area of work, and clean well when complete. Keep children and pregnant women away if possible.



**WORKING TOGETHER**  
Creating a healthy environment