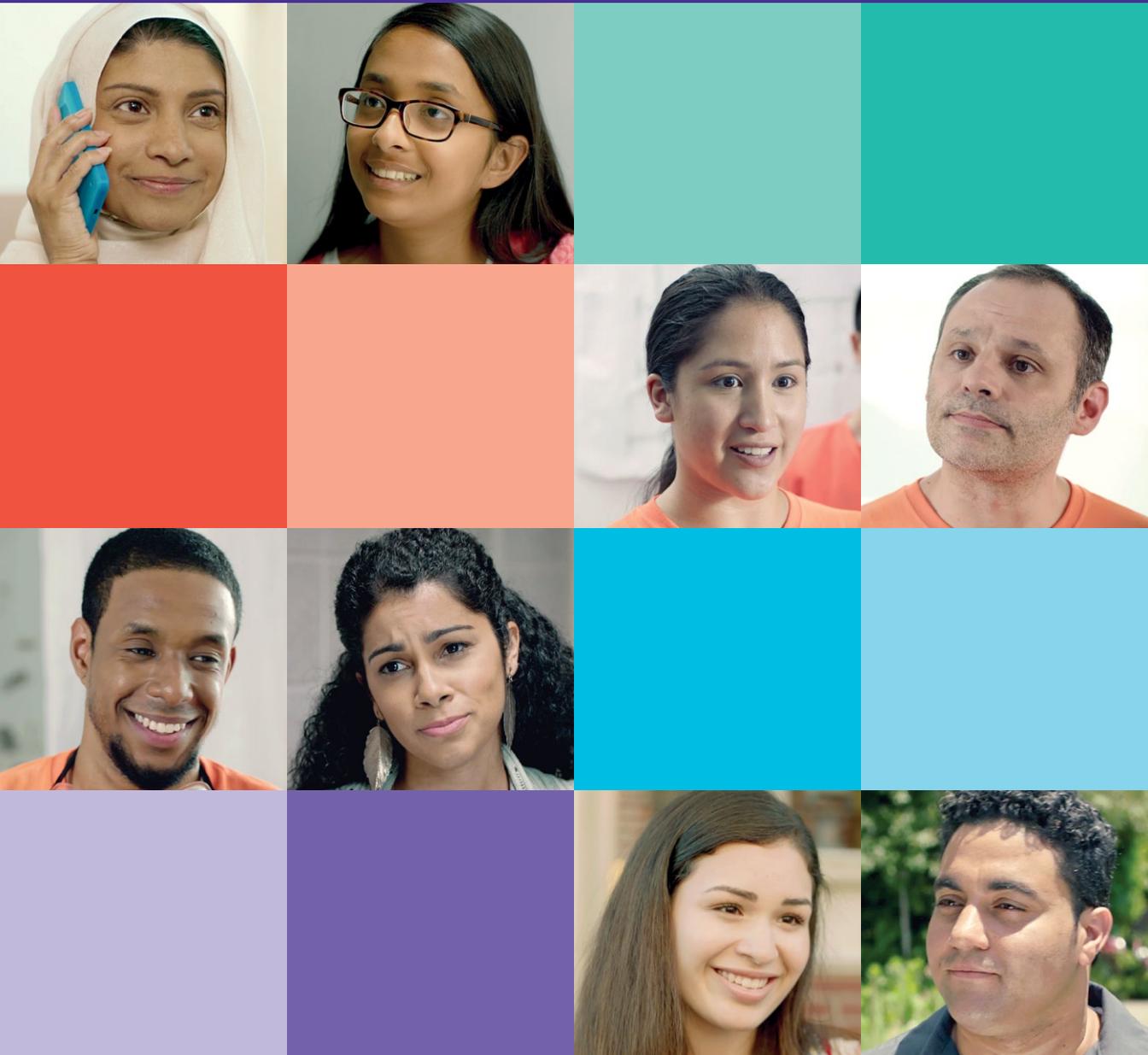
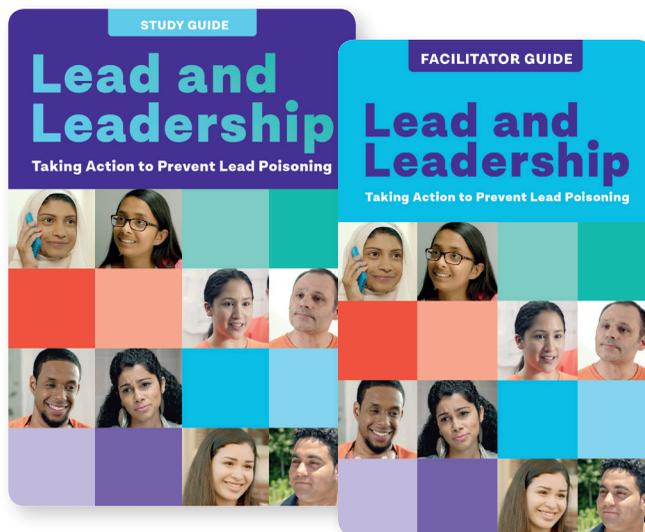


STUDY GUIDE

Lead and Leadership

Taking Action to Prevent Lead Poisoning





Lead and Leadership was created by the NYC Department of Health and Mental Hygiene (NYC DOHMH) in partnership with The City University of New York and the NYC Mayor's Office of Immigrant Affairs.

This **Study Guide** is available at the web page of the DOHMH: www.nyc.gov/Lead

It is also available at the We Speak NYC website: www.nyc.gov/WeSpeakNYC

There is a **Facilitator Guide** for teachers at each of these web locations. The Facilitator Guide provides an overview of the Study Guide and tips on implementation.

These materials are also available at the CUNY Adult Literacy Program web page: www.cuny.edu/adultliteracy

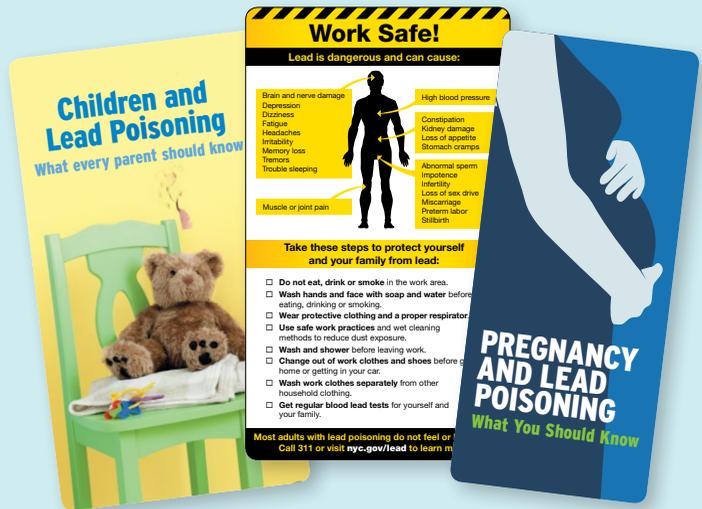




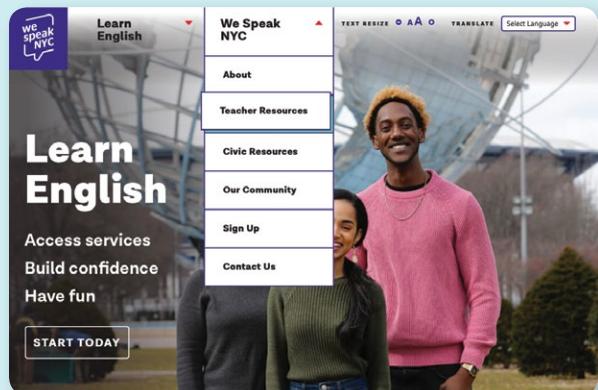
Introduction

Lead and Leadership is a Study Guide for English language learners and adult education students about lead poisoning and what you can do to prevent it. It has important information you can use for the health and well-being of yourself, your family and your community.

Lead and Leadership contains short readings from the NYC Department of Health and Mental Hygiene (NYC DOHMH). It also has short stories with characters from the **We Speak NYC** ESOL/civics program. **We Speak NYC** (www.nyc.gov/WeSpeakNYC) is a program of the NYC Mayor’s Office of Immigrant Affairs that integrates ESOL with learning about topics that are important for all New Yorkers.



Pamphlets from NYC DOHMH



We Speak NYC website



The title—***Lead and Leadership***—refers to the different meanings and pronunciations of the word ***lead***. As a noun, ***lead*** refers to the poisonous metal that is extremely harmful to the health of children and adults. To prevent lead poisoning, people need information and action. As a verb, ***lead*** means to take action for yourself and for others. The characters in the stories in *Lead and Leadership* are leaders who take action to prevent lead poisoning in order to support the health and well-being of themselves, their families and their communities.

Lead and Leadership

Table of Contents

LESSON SET 1: Lead Poisoning Prevention for Children and Pregnant Women **7**

LESSON 1 **Introduction to the Lesson Set** **8**

Words in the Cloud	8
Keywords I & II	10
Prediction Guides I & II	12
Meet the Characters	14

LESSON 2 **Shumi, Pedro and the Peeling Paint** **16**

Words in the Cloud	16
The Story: <i>Shumi, Pedro and the Peeling Paint</i>	18
Summary Chart	20
Good Question!	21
Get the Facts	22
What Can You Say?	24

LESSON 3 **Umme and the Amulet** **26**

Words in the Cloud	26
The Story: <i>Umme and the Amulet</i>	28
Summary Chart	31
Good Question!	32
Get the Facts	33
What Can You Say?	39

LESSON 4**Pregnancy and Lead Poisoning**40

Words in the Cloud 40

The Story: *Pregnancy and Lead Poisoning* 42

Summary Chart 44

Good Question! 45

Get the Facts 46

What Can You Say? 49

LESSON 5**Leaders Taking Action**50

Words in the Cloud 50

Story A: *Leaders Taking Action* 52

Summary Chart 53

Good Question! 54

Get the Facts 55

What Can You Say? 58

Story B: *We Do What We Can* 59

What Can You Do? 60

Lesson Set 1: Answer Key

62

LESSON SET 2: Lead Poisoning Prevention for Construction Workers and Their Families 65

LESSON 1 Introduction to the Lesson Set 66

Words in the Cloud	66
Keywords I & II	68
Prediction Guide	70
Meet the Characters	71

LESSON 2 Rolando's Dirty Laundry 73

Words in the Cloud	73
The Story: <i>Rolando's Dirty Laundry</i>	75
Summary Chart	77
Good Question!	78
Get the Facts	79
What Can You Say?	80

LESSON 3 Workers and Tenants at Risk 82

Words in the Cloud	82
The Story: <i>Workers and Tenants at Risk</i>	84
Summary Chart	87
Good Question!	88
Get the Facts	89
What Can You Say?	91

LESSON 4**Working Safely and Eating Safely Too**92

Words in the Cloud 92

The Story: *Working Safely and Eating Safely Too* 94

Summary Chart 97

Good Question! 98

Get the Facts 99

What Can You Say? 100

LESSON 5**Prevention Is Better than Cure**101

Words in the Cloud 101

The Story: *Prevention Is Better than Cure* 103

What Can You Do? 104

Lead Exposure: Self-Assessment Guide for Adults 106

Lesson Set 2: Answer Key

108

Lead and Leadership

Lesson Set 1:

Lead Poisoning Prevention for Children and Pregnant Women

LESSON 1: Introduction to the Lesson Set

LESSON 2: Shumi, Pedro and the Peeling Paint

LESSON 3: Umme and the Amulet

LESSON 4: Pregnancy and Lead Poisoning

LESSON 5: Leaders Taking Action

Words in the Cloud

Look for words in the Word Cloud on **page 8** to complete this chart.

<p>1. Find five names.</p>	<p>2. Find the word to complete this sentence:</p> <p>When people have problems, they need _____.</p>
<p>3. Find five words you know.</p>	<p>4. Find five words you want to know.</p>
<p>5. Make a prediction: What problem do people in this Word Cloud have?</p>	<p>6. Make another prediction: How do they solve the problem?</p>

Keywords I

Find the meaning. Follow the example.

exposed • ~~lead~~ • pregnant • peeling paint • lead poisoning
elevated blood lead • dust • at risk • blood lead test • effects

1. lead a poisonous metal
(It is found in some natural and industrial products. It may also be present in consumer products, such as some foods, spices, medicines, cosmetics, religious powders, ceramic ware, jewelry and toys.)
2. _____ poisoning from lead in the body; when your blood is contaminated by lead
3. _____ a test to measure lead in blood
4. _____ having an amount of lead in the blood that may be harmful to health
5. _____ paint that is falling off a surface such as a wall
6. _____ very small particles that get on surfaces such as floors and windowsills; You need to get rid of it with a vacuum, broom or cloth.
7. _____ the results or consequences of something
8. _____ not covered or protected from something; in contact with something that may be harmful
9. _____ in a situation that may be dangerous or harmful
10. _____ when a person has a baby developing within their body

Keywords II

Find the meaning. Follow the example.

spices • source • prevention • health remedies • identify a source
ceramics • cosmetics • ~~leader~~ • healthy diet • eliminate a source

1. leader a person who leads; a person who takes action and helps organize other people to take action
2. _____ stopping something from happening
3. _____ eating food that is good for you
4. _____ where something comes from
5. _____ to find where something comes from
6. _____ to get rid of a source
7. _____ things made out of clay that are used for cooking or eating
8. _____ powders, leaves and other parts of plants that give flavor to foods
9. _____ makeup
10. _____ something used to treat or cure a symptom or health condition

Prediction Guide I

Write **true** if you think the sentence is true.

Write **false** if you think the sentence is false.

Follow the example.

1. true Lead is a poisonous element found in nature.
2. _____ There can be lead in natural and industrial products.
3. _____ All paint has lead in it.
4. _____ Peeling paint is the most common source of exposure to lead for children in New York City.
5. _____ Lead is dangerous for children but not adults.
6. _____ Children and adults with lead poisoning may not look or feel sick.
7. _____ Pregnant women and young children are especially at risk for lead poisoning.
8. _____ When you are pregnant, the lead in your body can pass on to your unborn baby.
9. _____ Lead can cause brain damage.
10. _____ Lead poisoning can cause problems with learning and behavior in children.

Prediction Guide II

Write **true** if you think the sentence is true.

Write **false** if you think the sentence is false.

Follow the example.

1. false If you have a high level of lead in your blood, there is nothing you can do.
2. Some foods are helpful for keeping you healthy.
3. There are things you can do at home and work to prevent lead poisoning.
4. A blood lead test is the only way to know if you have lead in your body.
5. Doctors are required to give all their patients a blood test for lead every year.
6. You can get a blood lead test by asking your doctor.
7. If you have a high level of lead in your blood, the New York City Health Department will reach out (contact) and help you.
8. You should not let the water run for 30 seconds before you drink it.
9. There may be lead in your food and various products in your home.

Meet the Characters

Read the descriptions of the characters below.
Choose a character and introduce yourself as that person.



Umme: My name is Umme. I am a **home health aide**. There is peeling paint in the lobby of the building where I live, and it may have lead in it. The landlord needs to check and take care of the problem. I help organize the other tenants in the building about this problem. It's very important to prevent lead poisoning.

Shumi: My name is Shumi. Umme is my mother. I am a college student. I am studying for a degree in **public health**. I want to be a leader in the fight against lead and other health risks.



Gabriela: My name is Gabriela. I am a **housekeeper**. I have one daughter, and I am expecting a second child. I am pregnant, so my doctor gave me a blood test to check for lead in my blood. The test was positive, so I am taking action to reduce my exposure to lead. Lead poisoning is dangerous for pregnant women and children.



César: My name is César. I am Gabriela's husband. She is pregnant, so it's important to make sure that she and the baby are safe. I did not know much about lead, but I am learning a lot about it now.



Pedro's parents: We are the parents of a 2-year-old boy named Pedro. We live in the same building as Umme and Shumi. It's an old building and the paint is peeling in our apartment. The landlord needs to fix it.



Doctor: I am Gabriela's doctor. I gave Gabriela a blood lead test. I also gave her and her husband César information about sources of lead and how to prevent lead poisoning.



VOCABULARY

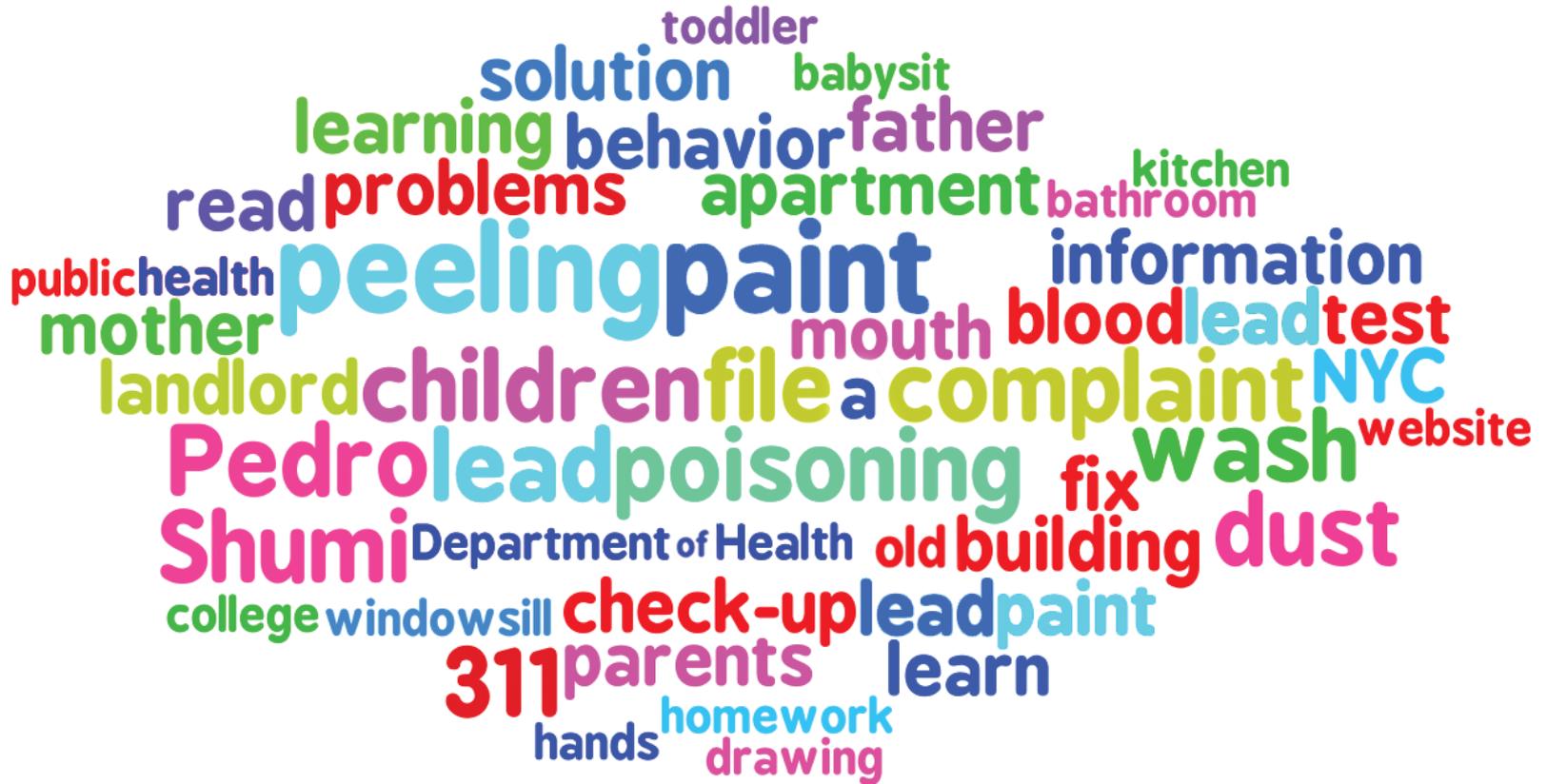
home health aide = a trained and certified health care worker who helps patients in their homes

housekeeper = someone who cleans homes and other indoor places

public health = policies and actions that protect and improve the health of the community

1 Lesson 2 • Shumi, Pedro and the Peeling Paint

Words in the Cloud



Words in the Cloud

Look for words in the Word Cloud on **page 16** to complete this chart.

<p>1. Find two names.</p>	<p>2. Find two rooms in an apartment.</p>
<p>3. Find ten words you know.</p>	<p>4. <i>Make a prediction:</i> What do you think is going on in this story?</p>

THE STORY

Shumi, Pedro and the Peeling Paint



Shumi is a college student. She lives with her family in an apartment building in Jackson Heights. There are people in the building from all over the world.

One evening, Shumi is babysitting for a neighbor. They have a 2-year-old son named Pedro. After dinner, Pedro is drawing pictures at the table. Shumi is washing the dishes. She feels a cold wind coming through an open window. She goes to close the window because she doesn't want Pedro to be cold. When she closes it, she sees that the paint on the **windowsill** is **peeling**.

Shumi puts the last dish in the drying rack. She sits down next to Pedro and looks at his drawing. *"This is beautiful, Pedro."* Shumi says. *"But it's time for bed. Let's go wash your hands and brush your teeth. Then you can get into pajamas."*

Shumi takes Pedro to the bathroom. She picks him up onto a stool. Pedro washes his hands and brushes his teeth. The paint on the ceiling is peeling.

Shumi puts Pedro in bed and reads a book to him. When Pedro falls asleep, Shumi takes out a college textbook from her backpack and starts doing her homework. Her **major** is **public health**.

After a couple of minutes, Shumi puts the book down and picks up her cellphone. She googles *"peeling paint + lead"*. She clicks on a website of the **NYC Health Department**. It says at the top of the page *"Lead Poisoning."* She begins to read.

A short while later, Pedro's parents come home. They ask Shumi about Pedro and the evening. They thank Shumi for babysitting and they pay her.

Before Shumi leaves, she turns to Pedro's parents. She says, *"Is it okay if I tell you...?"* Shumi hesitates. She is not sure what to say.

Pedro's mother asks, *"What is it, Shumi? Is it Pedro?"*

Shumi says, “Oh, no. Pedro is great. It’s just that... when I was washing the dishes, I saw paint peeling on the kitchen windowsill. Also, in the bathroom and bedroom too.”



Pedro’s father says, “I know. We spoke to the landlord about it. He said he is going to take care of it.”

Shumi says, “I hope so. I read about peeling paint in old buildings. Sometimes it has lead in it. If Pedro puts **paint chips** or dust that has lead in his mouth, it can be harmful. Lead inside the body can cause learning and behavior problems in children.”

Pedro’s father says, “I didn’t know that. I should call the landlord again to see when he will fix it.”

Shumi says, “Good idea. If the landlord doesn’t fix it soon, you should call 311 to **file a complaint**. Also, did Pedro get a blood lead test when he went to the doctor for a check-up?”

Pedro’s mother says, “I think so but I’m not sure. Why?”

Shumi says, “Getting a blood test for lead is very important, especially for a toddler like Pedro. If there is a high level of lead in Pedro’s blood, the New York City Health Department will reach out and help you.”

Pedro’s mother turns to Shumi and says, “Thank you, Shumi. You are so helpful. Can you show us where you read all of this information?”

Shumi says, “Sure.” •

VOCABULARY

windowsill = the flat surface at the bottom of a window

peeling = when a layer of paint is falling off

major = the academic subject that a college student chooses for a degree

public health = the health of communities; the study of community health and policies that protect and improve the health

of the community

NYC Health Department = NYC government agency that protects and promotes the health of all New Yorkers

paint chips = pieces of old paint that peeled off a wall or other surface

file a complaint = to report a problem

Summary Chart

Read the story on **pages 18–19**. Talk about it with a partner or in a small group. Complete the chart together. Then share your ideas with the whole class.

<p>Who is in the story?</p>	<p>Where and when does the story take place?</p>
<p>What are two or three important things that happen in the story?</p>	
<p>Problem: What is the problem(s)?</p>	<p>Solution: What are possible solutions?</p>

Good Question!

You are Pedro's parents. You want to know about the risk of lead poisoning for your son, Pedro, and how to prevent it. You ask Shumi some good questions. Follow the example.



~~What can happen to children if they have lead poisoning?~~



What can we do to prevent Pedro from getting lead poisoning?

How can we know if Pedro has lead in his body?

What other ways can Pedro get lead poisoning?

How can peeling paint (and the dust from old paint) cause lead poisoning in children?

1. You want to know the effects of lead poisoning in children.

What can happen to children if they have lead poisoning?

2. You want to know how peeling paint (and the dust from old paint) can cause lead poisoning in children.
-

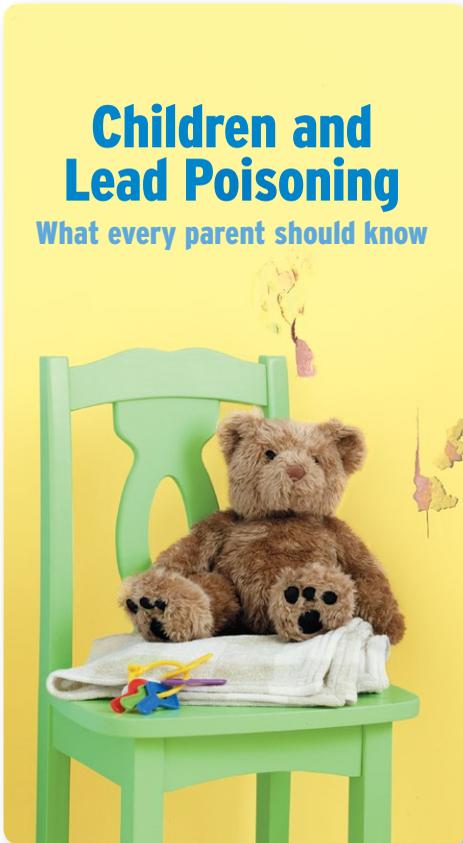
3. You want to know other ways Pedro can get lead poisoning.
-

4. You want to know if Pedro has lead in his body.
-

5. You want to know how to prevent Pedro from getting lead poisoning.
-

Get the Facts (page 1)

Read the pamphlet. When you read, look for answers to Pedro's parents' good questions on **page 21**.



Lead is a poison

Lead is often found in old paint. Lead paint, and the dust it turns into, is the most commonly identified source of childhood lead poisoning in New York City.

Lead dust from peeling, cracked or loose paint or unsafe home repairs can land on windowsills, floors and toys. When children play on the floor and put their hands and toys in their mouths, they can swallow lead dust.

Lead can also be found in some consumer products, soil and plumbing.

Lead can cause learning and behavior issues in children. Most children with lead poisoning do not look or feel sick. The only way to know if your child has been exposed is to get a blood lead test.

Download a PDF of this brochure:

<https://www1.nyc.gov/assets/doh/downloads/pdf/lead/children-lead-mini-brochure.pdf>



Get the Facts (page 2)

Read the pamphlet. When you read, look for answers to Pedro's parents' good questions on **page 21**.

Protect your child

- Remind your provider to test your child for lead poisoning at ages 1 and 2, and ask about testing older children. Call **311** to find a provider.
- Report peeling paint to your landlord. If the problem is not fixed or if you think repair work is being done unsafely, call **311** to request a free inspection.
- Wash floors, windowsills, hands and toys often.
- Remove your shoes before entering your home.
- Do not use products from other countries that may contain lead, such as certain foods and spices, medicines, ceramics, cosmetics, toys and amulets.
- Use only cold tap water to make baby formula and for drinking and cooking. Run the water for at least 30 seconds, until the water is noticeably colder. Call **311** to get a free lead test kit for drinking water. You will receive the results within 30 days of submitting the water sample.
- Give your child a well-balanced diet. Talk to your provider to make sure your child is getting enough calcium, iron and vitamin C.

Call **311** to learn more
or visit nyc.gov/lead



See **Lesson 5** for more information about tenant rights and the responsibilities of landlords to fix the problem of peeling paint.

What Can You Say? (page 1)

You are Shumi. Pedro's parents asked you some good questions about the risks of lead poisoning for their son, Pedro, and how to prevent lead poisoning. What can you say to them?

Find the words you can say on the next page.
Choose the correct match. Follow the example.



1. **You are Shumi.** Pedro's parents asked about the effects of lead poisoning on children. **What can you say?** D
2. **You are Shumi.** Pedro's parents asked how peeling paint can cause lead poisoning in children. **What can you say?** _____
3. **You are Shumi.** Pedro's parents asked about other ways that Pedro can get lead poisoning. **What can you say?** _____
4. **You are Shumi.** Pedro's parents asked how they can know if Pedro has lead in his body. **What can you say?** _____
5. **You are Shumi.** Pedro's parents asked how they can prevent Pedro from getting lead poisoning. **What can you say?** _____

What Can You Say? (page 2)

A Lead dust from peeling paint can land on windowsills, floors and toys. When Pedro plays on the floor and puts his hands or toys in his mouth, he can swallow lead dust or pieces of lead paint.

B Pedro needs to get a blood lead test to know if there is lead in his body. Doctors have to give blood lead tests to children at ages 1 and 2. If Pedro does not have a doctor, you can **call 311** to get help with finding a doctor.

C Pedro can get lead poisoning from some foods, spices, medicines, clay pots and dishes, cosmetics and toys that come from other countries. There may also be lead in old plumbing. It is important to let the water run for at least 30 seconds before drinking and using it for cooking. This is important for adults too!

D Lead can cause learning problems and behavior problems in children.

E There are various actions you can take to prevent Pedro from getting lead poisoning:

- Wash the floors, windowsills, and Pedro's toys often.
- Make sure Pedro washes his hands.
- Tell the landlord that he must fix the peeling paint—it's the law. **Call 311** if the landlord doesn't fix the problem.
- Don't use products from other countries that may contain lead, such as some foods and spices, medicines, ceramics, cosmetics, and toys.
- Run the water for at least 30 seconds or until it gets cold before using it for drinking and cooking.
- **Call 311** to get a free water testing kit and more information about lead poisoning.

← This is the answer to number 1 on the previous page.

Words in the Cloud



Words in the Cloud

Look for words in the Word Cloud on **page 26** to complete this chart.

<p>1. Find three names.</p>	<p>2. Find the word to complete this sentence:</p> <p>_____ are where something comes from.</p>
<p>3. Find seven possible sources of lead. (Some sources have more than one word.)</p>	<p>4. Find five words you know.</p>
<p>5. Find five words you want to know.</p>	<p>6. Make a prediction: What do you think is going on in this story?</p>

THE STORY

Umme and the Amulet

Gabriela and Umme are friends. Umme is a home health aide. She is the single mother of two daughters, Shumi and Rumi. Gabriela is a housekeeper. She used to clean the building where Umme lives.



Gabriela is pregnant. She and her husband already have one child and soon they will have another baby.

One day Gabriela knocks on Umme's door. She is holding a plate of **empanadas** for Umme.

Gabriela says, *"Do you have a few minutes?"*

Umme says, *"Of course. Come in."*

Gabriela steps inside the apartment. She gives the plate of empanadas to Umme. Umme thanks Gabriela with a big smile, but she notices that Gabriela looks worried about something.

Umme says, *"Is everything alright, Gabriela?"*

Gabriela says, *"My doctor gave me a blood lead test during a **prenatal** visit a few weeks ago. She was concerned about my health and the health of the baby. She said that I might be at risk for a high level of lead in my blood."*

Umme says, *"The doctor did the right thing. Did you get the results of the blood lead test?"*

Gabriela says, *"Yes. But she called me yesterday and said the results showed that I have a lot of lead in my body. Someone from the NYC Health Department also called me and asked some questions. They asked*

me about things I use in the house. They said that some things I use may expose me to lead.”

Umme looks **compassionately** at her dear friend.

Gabriela says, “I told them that I cook with clay pots that I brought to New York from my country. They told me that some **ceramic ware** may have lead in it. They asked me if I use traditional medicines too. I told them I use something called *Tierra Santa*. It is a medicine that looks like clay and is used for **morning sickness**. My mother sent it to me from back home. They told me that the *Tierra Santa* may contain lead too. The NYC Health Department told me to stop using these things. What should I do?”



Umme says, “You should stop using the clay pots and the *Tierra Santa*. It will be very good for you and for your baby. There are other **sources** of lead too, such as some **spices, cosmetics,** and jewelry. I used to use spices and medicines that I brought from my home country. But I found out that some of those could contain lead. I stopped using them.”

Gabriela listens carefully.

Umme says, “When my younger daughter, Rumi, was a baby, she wore an **amulet** around her neck. One day, when I came back from work, I saw the amulet on the kitchen table. My sister took it off because Rumi was putting it in her mouth. She said it wasn’t safe for Rumi.”



Gabriela asks, “Why wasn’t it safe?”

Umme says, “The amulet was made out of metal. My sister said it could have lead in it. Her son wore an amulet that had lead in it when he was little. He also liked to put it in his mouth.”

Gabriela says, *“Little kids love to put stuff in their mouth. I heard that some toys can also have lead in them.”*

Umme says, *“Yes, and the lead from these things can enter the body when someone puts them in their mouth. When my sister took her son for a blood lead test, they found lead in his body.”*

Gabriela looks concerned. *“What happened? Is he okay?”*

Umme says, *“My sister took away the amulet. Her son got another blood lead test and the lead was much lower.”*

Gabriela is **relieved**. She says, *“I’m very glad to hear that.”*

Umme says, *“Make sure to talk to your doctor about getting another blood lead test. Also, remember to stop using the ceramic dishes and Tierra Santa. It’s important to bring your blood lead level down. If you have lead in your body, it can pass on to your baby.”*

Gabriela is grateful for Umme’s advice. She says, *“I’m going to do it.”* •

VOCABULARY

empanadas = a Latin American pastry turnover that is savory (not sweet)

prenatal = during pregnancy

compassionately = with sympathy and concern

ceramic ware = pottery made from clay that you use for cooking and serving food

morning sickness = when pregnant women feel nausea

sources = where something comes from

spices = powders, leaves and other parts of plants that give flavor to food

cosmetics = makeup such as eyeliner

amulet = a traditional charm that people wear for good luck or to keep away bad spirits

relieved = when you feel better after a period of feeling anxious

Summary Chart

Read the story on pages 28–30. Talk about it with a partner or in a small group. Complete the chart together. Then share your ideas with the whole class.

<p>Who is in the story?</p>	<p>Where and when does the story take place?</p>
<p>What are two or three important things that happen in the story?</p>	
<p>Problem: What is the problem(s)?</p>	<p>Solution: What are possible solutions?</p>

Good Question!

You are Gabriela. You are talking to Umme about lead poisoning. You want to know more about lead poisoning and sources of lead.

Follow the example.



1. You want to know if you have lead in your body.

How do I know if I have lead in my body?

2. You want to know about products from different parts of the world that can contain lead in them.
-
-

3. You want to know what the problem is with cooking and keeping food in clay pots and dishes that have lead in them.
-
-

4. You want to know if lead is listed in the ingredients on product labels.
-
-

Get the Facts (page 1)

The next six pages have information about lead poisoning and products from different parts of the world that may contain lead. When you read, look for answers to Gabriela's good questions on **page 32**.



WARNING: MAY CONTAIN LEAD

Traditional or handmade ceramic ware from around the world, including Mexico, Ecuador, Turkey, Morocco and Uzbekistan, can contain lead, which can cause learning and behavior problems in children, miscarriage during pregnancy, and infertility.

- Do not use these products to prepare, cook, serve or store food or drinks.
- If you use these products to prepare, cook, serve or store food, ask your doctor for a blood lead test.

Call **311** or visit [nyc.gov/leadfree](https://www1.nyc.gov/leadfree) for more information.

NYC
Health

NOTE

Often, you cannot tell if the products on these pages contain lead because they may not be listed on the product packaging.

From: <https://www1.nyc.gov/assets/doh/downloads/pdf/lead/ceramic-ware-post.pdf>

Get the Facts (page 2)

These two pages have information about lead poisoning from health remedies called Tierra Santa and Litargirio. When you read, look for answers to Gabriela's good questions on **page 32**.

Mexican Remedy Tierra Santa or Panito del Señor Found to Contain Lead and Arsenic

What is Tierra Santa?

Tierra Santa, also called Panito del Señor, is a Mexican remedy used to treat stomach problems. This product has been found to contain lead and arsenic.

How can lead affect my health?

Lead is a toxic metal, of particular concern for children and pregnant women. Lead poisoning can cause problems in pregnancy and learning and behavioral problems in young children. Long-term effects of lead can include nervous system disorders and brain damage.



From: <https://www1.nyc.gov/assets/doh/downloads/pdf/lead/tierra-santa-faq.pdf>

Get the Facts (page 3)

- Health Warning -

- Aviso de Salud -

Do Not Use Litargirio!

¡No use Litargirio!

**LITARGIRIO IS DANGEROUS
TO YOUR HEALTH.**

- Litargirio contains lead.
- Lead is a poison.
- Litargirio is a yellow powder imported from the Dominican Republic.

See your doctor if you use litargirio even if you do not feel sick. Call 311 or 212-POISONS (212-764-7667) for more information.



**EL LITARGIRIO ES
PELIGROSO A SU SALUD.**

- El Litargirio contiene plomo.
- El plomo es un veneno.
- El Litargirio es un polvo amarillo importado de la República Dominicana.

Vea a su doctor si usa litargirio aunque no se sienta enfermo. Llame al 311 o al 212-VENENOS (212-836-3667) para más información.

NYC Health
THE NEW YORK CITY DEPARTMENT
OF HEALTH AND HIGIENE
DEPARTAMENTO DE SALUD Y SALUD
HIGIENE DE LA CIUDAD DE NUEVA YORK
Michael R. Bloomberg, Mayor, Alcalde
Thomas R. Frieden, M.D., M.P.H., Commissioner, Comisionado

Local Law 49 prohibits the sale of litargirio in New York City.
La Ley Local 49 prohíbe la venta de litargirio en la Ciudad de Nueva York.

8.06

From: <https://www1.nyc.gov/assets/doh/downloads/pdf/lead/lead-litargirio-poster.pdf>

Get the Facts (page 4)

This page has information about lead poisoning from amulets from South Asia. When you read, look for answers to Gabriela's good questions on **page 32**.

Amulets

Amulets (e.g., sheesha, tabiz and other metal charms), which people may use for various reasons (e.g., speech therapy, good luck or protection), can contain high levels of lead. When an amulet is put in the mouth, lead can enter the body. Young children are especially at risk because they often put objects in their mouth.



Reduce your risk of lead exposure:

- Keep amulets away from children whenever possible.
- If your child wears an amulet, place it in a way so that it cannot be mouthed.
- If your child wears an amulet and puts it in their mouth, ask your child's doctor for a blood lead test.

Children and adults with lead poisoning may not look or feel sick. If you think you or your family members are at risk for lead poisoning, ask your doctor for a blood lead test. For help with finding a doctor, call **311**.

Visit **[nyc.gov/lead](https://www.nyc.gov/lead)** to find out more about these and other lead hazards.

Visit **www.nyc.gov/Lead** and **www.nyc.gov/hazardousproducts** for more information about products from around the world that may have lead.

Get the Facts (page 5)

This page and page 38 have information about products from different parts of the world that may contain lead. (Some of these products may also have mercury and arsenic.) When you read, look for answers to Gabriela's good questions on **page 32**.

HEALTH WARNING

Some Consumer Products Contain Lead, Mercury and Arsenic

Lead, mercury and arsenic are harmful metals that can cause serious health problems, especially in children and pregnant women. Some health remedies and supplements, foods and non-food items have high levels of these metals, even if they are not listed on the product labels. The more often you use these products, the greater the health risk.

Health Remedies

Some health remedies, supplements and Ayurvedic medications from India, China and other countries have high levels of lead, mercury and arsenic.

These products may be manufactured or handmade, and prescribed or purchased over-the-counter in the United States and in other countries.



Foods

Spices bought in or sent from Bangladesh, Georgia and other countries may have high levels of lead.

Candies, salt snack mixes and other snacks from Mexico that use chili or tamarind pulp may also contain lead.



Cosmetics and Religious Powders

Kohl, kajal, surma and tiro from Africa, Asia and the Middle East may have high levels of lead. These products are primarily used as eyeliner.

Sindoor, a religious powder from India used in Hinduism, may also have high levels of lead.

Lead can get on hands after touching contaminated cosmetics or religious powders. Lead can be swallowed when hands that have touched these items are placed in the mouth. Children are at special risk because they often put their hands in their mouths. Some lead may also be absorbed through the eyes.

Cosmetics and religious powders should never be used in food.



NYC
Health

Get the Facts (page 6)

Clay Pots and Dishes

Glazes and paints used to decorate traditional clay pots and dishes (ceramic ware) from Mexico, China and other countries may contain lead.

Lead can get into food and drinks that are prepared, stored or served in this traditional ceramic ware.



Jewelry, Toys, Amulets and Charms

Metal parts of jewelry and toys and the paint used on these items may contain high levels of lead.

Amulets and charms from Bangladesh, Cambodia and other countries may also contain lead.

Lead can be swallowed when these objects are placed in the mouth. Children are especially at risk because they often put objects in their mouths. Lead is not usually absorbed well through the skin.



Skin-Lightening Soaps and Creams

Skin-lightening soaps and creams from the Dominican Republic, China and other countries may contain mercury, which can be easily absorbed through the skin.

Do not use these items if mercury is listed as an ingredient or if they do not list ingredients.



WHAT TO DO IF YOU HAVE USED THESE OR SIMILAR PRODUCTS



Stop using them



Ask your doctor to test you for lead and other heavy metals



Call 311 or visit [nyc.gov/hazardousproducts](https://www1.nyc.gov/hazardousproducts) for a list of specific products to avoid

From: <https://www1.nyc.gov/assets/doh/downloads/pdf/lead/lead-in-imported-products-fact-sheet.pdf>



What Can You Say?

You are Umme. Gabriela asked you some good questions on **page 32** about lead poisoning and sources of lead. What can you say to her? Follow the example.

1. **You are Umme.**

Gabriela asked how you can know if you have lead poisoning.

What can you say? **B**

A Lead can get into food and drinks cooked and kept in clay pots and dishes that contain lead. You should visit [nyc.gov/hazardousproducts](https://www.nyc.gov/hazardousproducts) for more information.

2. **You are Umme.**

Gabriela asked about products from other parts of the world that can contain lead.

What can you say?

B Children and adults with lead poisoning may not look or feel sick. You can know if you have lead poisoning by getting a blood lead test.

3. **You are Umme.**

Gabriela asked about the problem with cooking and keeping food in clay pots and dishes with lead.

What can you say?

C Often, lead is *not listed* on product labels.

4. **You are Umme.**

Gabriela asked if lead is listed on product labels.

What can you say?

D Some health remedies from India, China, Mexico and other countries may have lead in them. Some spices from Bangladesh, Georgia and other countries may have lead too. Also, some ceramics such as clay pots and dishes from Latin America and Asia and some cosmetics, religious powders, jewelry and toys can have lead.

1

Lesson 4 • Pregnancy and Lead Poisoning

Words in the Cloud



Words in the Cloud

Look for words in the Word Cloud on **page 40** to complete this chart.

<p>1. Find the word to complete this sentence:</p> <p>When you _____ something, you stop it from happening.</p>	<p>2. Find the word to complete this sentence:</p> <p>When you _____ something, that means you get rid of it.</p>
<p>3. Find the word to complete this sentence:</p> <p>High blood _____ is a possible consequence of lead poisoning.</p>	<p>4. Find the word to complete this sentence:</p> <p>Fruit has _____ that are good for your health.</p>
<p>5. Iron is a mineral that is good for your health. Find another mineral that is good for your health.</p>	<p>6. Make a prediction: What do you think is going on in this story?</p>

THE STORY

Pregnancy and Lead Poisoning

Gabriela and her husband, César, are meeting with a doctor. Gabriela is pregnant. The doctor gives Gabriela **prenatal** care. César is with Gabriela to **support** her.



The doctor says, “It’s great to see you again, Gabriela. How are you feeling?”

Gabriela says, “I’m feeling good. But I am very **concerned** about the results of my blood lead test.”

The doctor says, “I am concerned, too. I spoke with the NYC Health Department about your situation. They told me that they spoke with you about possible sources of lead in your home. They said you use clay pots for cooking and a medication from Mexico called Tierra Santa for your morning sickness. Have you stopped using these things?”

César holds Gabriela’s hand.

Gabriela says, “Yes, I stopped using these things as soon as I found out.”

The doctor says, “That is good. I think we should do another test to see if your blood lead level has gone down.”

Gabriela says, “Okay...”

César asks, “Doctor, what else can we do to **prevent** lead poisoning?”

The doctor gives a **pamphlet** to Gabriela. The pamphlet says, “Pregnancy and Lead Poisoning: What You Should Know.”

The doctor says, “This pamphlet has important information about preventing lead poisoning. It tells you about keeping your home safe and clean. It tells you about avoiding products that might contain lead.”



It also has information about a healthy diet—about eating foods with iron, calcium and vitamin C.”

Gabriela says, *“I will read it carefully. Thank you very much.”*

The doctor asks César, *“What kind of work do you do?”*

César says, *“I work in a car repair shop and I am training for work as a construction manager. Why do you ask?”*

The doctor says, *“Doing repair and renovation work on old buildings with **lead-based paint** can **expose** workers to lead. Sometimes people can bring dust with lead from their workplace into their home. Also, when you are repairing cars, if you use power tools on metal that contains lead, you may be exposed to lead. It is important for you to take steps to protect yourself and your family from the lead.”*

César says, *“What can I do?”*

The doctor says, *“You should work safe and get regular blood lead tests. It’s important for you to do what you can to prevent exposing yourself and your family to lead.” **

César says, *“Sounds good. Thank you, doctor.”*

The doctor says, *“Of course. And I will speak with you again, Gabriela, after your next blood lead test.”*

Gabriela says, *“Thank you very much, doctor. We will do everything we can.” •*

***See [Lesson Set 2](#) for information about the risks of lead poisoning to construction workers and their families, and working safely.**

VOCABULARY

prenatal = before birth; during pregnancy

support = to help someone

concerned = worried

prevent = stop something from happening

pamphlet = printed information on a folded piece of paper

lead-based paint = paint that contains lead (It was banned in NYC in 1960 but may still be in older buildings.)

expose = put into contact with something

Summary Chart

Read the story on pages 42–43. Talk about it with a partner or in a small group. Complete the chart together. Then share your ideas with the whole class.

<p>Who is in the story?</p>	<p>Where and when does the story take place?</p>
<p>What are two or three important things that happen in the story?</p>	
<p>Problem: What is the problem(s)?</p>	<p>Solution: What are possible solutions?</p>

Good Question!

You are **Gabriela and César**. You want to know about the risks to pregnant women of lead poisoning and how to prevent it. You ask the doctor some good questions. Follow the example.



1. **You are Gabriela.** You want to know what can happen if lead enters your body. **You ask a good question.**

What can happen if there is lead in my body?

2. **You are Gabriela.** You don't want your baby to get lead poisoning. You want to know what you should do to prevent your baby from getting lead poisoning. **You ask a good question.**
-

3. **You are César.** You want to know what foods are good for pregnant women. **You ask a good question.**
-

4. **You are Gabriela.** You want to know if it is safe to drink the water from your faucet. **You ask a good question.**
-

Get the Facts (page 1)

Read the pamphlet on pages 46-48. When you read, look for answers to Gabriela's and César's good questions on page 45.



**PREGNANCY
AND LEAD
POISONING**
What You Should Know

Lead is a poison that can harm you and your baby when you are pregnant



Lead can cause:

- High blood pressure
- Miscarriage
- Your baby to be born too early or too small
- Learning and behavior issues in your child

You can be exposed to lead in different ways, including eating foods contaminated with lead or using products that contain lead. If you were exposed to lead when you were younger, you may still have lead in your body. When you are pregnant, the lead in your body can be passed to your baby.

From: <https://www1.nyc.gov/assets/doh/downloads/pdf/lead/lead-pregnancy-brochure.pdf>

Get the Facts (page 2)

Your health care provider should assess your risk for lead exposure



At your first prenatal visit, your provider should ask about your recent and past exposure to lead.

Tell your doctor about:

- Time you have spent outside the United States
- Products such as health remedies, spices, foods, cosmetics or ceramics from other countries that you have used in the last year
- Cravings you have for nonfood items, such as clay, crushed pottery, soil or paint chips
- Renovation or repair work in your home in the last year
- Jobs or hobbies that may involve contact with lead

You may not look or feel sick if you have been exposed to lead. The only way to know is to get a blood lead test. To be tested, ask your provider.

Protect yourself and your baby



- Avoid using health remedies, foods, spices and cosmetics that may contain lead.
- Avoid using traditional or handmade ceramics to cook, serve or store food.
- Never eat nonfood items such as clay, crushed pottery, soil or paint chips.
- Stay away from repair or renovation work being done in your home.
- Avoid jobs and hobbies that may involve contact with lead, such as construction, home renovation, auto repair, furniture refinishing, or working with jewelry, metals or color pigments.
- Wash work clothes separately from the rest of the laundry if someone in your household works with lead.

Get the Facts (page 3)

Eat a healthy diet



Talk to your provider to make sure you are getting enough calcium, iron and vitamin C.

- **Foods with calcium:** Milk, cheese, yogurt, spinach, collard greens, tofu, salmon and ice cream
- **Foods with iron:** Lean red meat, chicken, eggs, tuna, lentils, beans, peas, prunes, raisins, broccoli and spinach
- **Foods with vitamin C:** Oranges, grapefruit, strawberries, kiwi, fruit juices, peppers, broccoli and tomatoes



Protect your baby

- Use cold tap water for making baby formula or baby cereal, and for drinking or cooking. Call **311** to get a free lead testing kit for drinking water. You will receive the results within 30 days of submitting the water sample.
- Keep children away from peeling, cracked or loose paint – it may contain lead. Report peeling paint to your building owner. If the problem isn't fixed or if you think repair or renovation work is being done unsafely, call **311** to request a free inspection.
- Wash floors, windowsills, hands and toys often.
- Remove shoes before entering your home.
- Have household members change into clean clothing before coming home if they work with lead.
- Remind your provider to test your child for lead poisoning at ages 1 and 2 years. Ask your provider about testing older children. If you do not have a provider, call **311** to find out where to get your child tested.

For more information about lead, call **311** or visit nyc.gov/lead.



3.20

New York City water is practically lead-free when it is delivered from upstate, but lead can get into the water from the plumbing in some buildings. People should let the water run for 30 seconds until it feels colder before using it for drinking or cooking.

What Can You Say?

You are the doctor. Gabriela and César asked you some good questions on page 45. What can you say? Follow the example.

1. **You are the doctor.** Gabriela asked you what can happen if lead enters her body. **What can you say to her?** D
2. **You are the doctor.** Gabriela asked you a good question about what she should do to prevent herself and her family from getting lead poisoning. **What can you say to her?** _____
3. **You are the doctor.** César asked you what foods are good for pregnant women. **What can you say to him?** _____
4. **You are the doctor.** Gabriela asked if it is safe to drink the water from her faucet. **What can you say to her?** _____

A Lead can get into water from plumbing in old buildings. Make sure you run the water for at least 30 seconds until it feels colder before drinking or cooking with it. Also, use cold water for baby formula or baby cereal.

B You should avoid using products that may have lead in them. These products include some ceramic ware, health remedies, cosmetics and spices from other countries. If you work with or around lead, then work safely. You should avoid hobbies that may expose you to lead. Also, wash floors, windowsills, hands and toys often to protect your child.

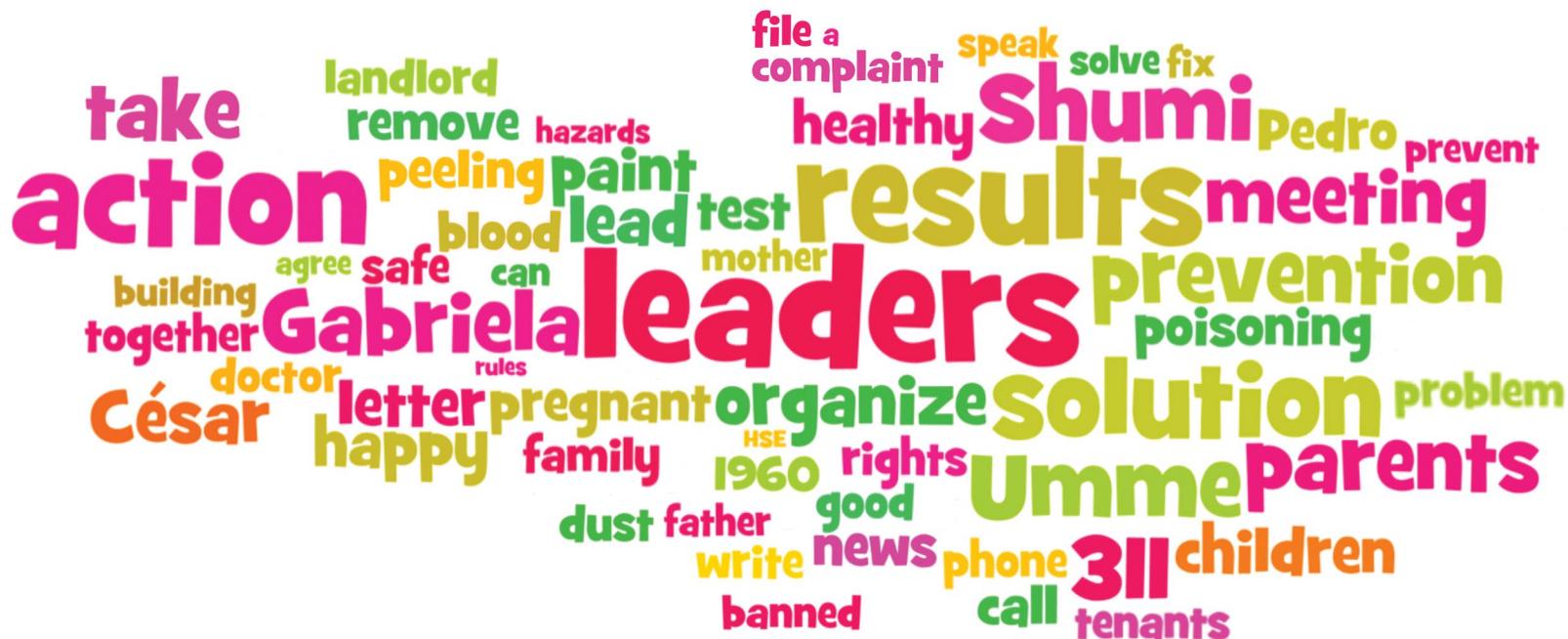
C Pregnant women need food that has calcium, iron and vitamin C. Milk, cheese, yogurt, spinach, collards, tofu, salmon and ice cream have calcium. Lean red meat, chicken, eggs, tuna, lentils, beans, peas, prunes, raisins, broccoli and spinach have iron. Oranges, grapefruit, strawberries, kiwi, peppers, broccoli, and tomatoes have vitamin C.

D If you have high levels of lead in your body, it can cause high blood pressure and miscarriage. It can cause your baby to be born too soon or too small. It can cause your child to have learning problems and behavior problems.

See [Lesson Set 2](#) for information about the risks of lead exposure for construction workers and their families, and how to work safely.

1 Lesson 5 • Leaders Taking Action

Words in the Cloud



Words in the Cloud

Look for words in the Word Cloud on **page 50** to complete this chart.

<p>1. Find five names.</p>	<p>2. Find the phone number for City Service Information.</p>
<p>3. Find the year lead was banned from paint.</p>	<p>4. Find the word to complete this sentence:</p> <p>Leaders take _____ to solve problems.</p>
<p>5. Find the words to complete this sentence:</p> <p>_____ are people who rent from a _____.</p>	<p>6. Make a prediction:</p> <p>What actions do tenants in this story take to solve a problem in their building?</p>

STORY A:

Leaders Taking Action

Umme and her daughter Shumi are talking with neighbors who live next door. The neighbors have a young son named Pedro. Sometimes Shumi babysits for their son.

One day, Shumi was babysitting Pedro and saw some peeling paint in the apartment.

Umme invited Pedro’s parents over to talk about the problem. The paint in Umme and Shumi’s apartment isn’t peeling, but it is peeling in the lobby of the building. There is repair work going on in the lobby and it is creating a lot of dust. Umme is concerned about it.

Pedro’s mother says, *“We spoke with the landlord about the problem in our apartment a couple of weeks ago. The landlord said he will fix it, but he still hasn’t. I also noticed that the lobby repair work creates a lot of dust.”*

Shumi says, *“**Tenants** have rights. I read that landlords must **eliminate** lead paint **hazards** and they must do the work safely.”*

Pedro’s father says, *“Unfortunately, some landlords don’t take action.”*

Shumi says, *“So, we have to take action. What do you think about speaking to other tenants and writing a letter to the landlord together? We can say in the letter that we know our rights. We can say that we are going to call 311 and file a complaint if the landlord doesn’t take care of the problem safely.”*

Umme looks at Shumi and says, *“Good idea, Shumi.”*

Everyone agrees. •



VOCABULARY

tenants = people who rent from landlords

eliminate = get rid of
hazards = dangers

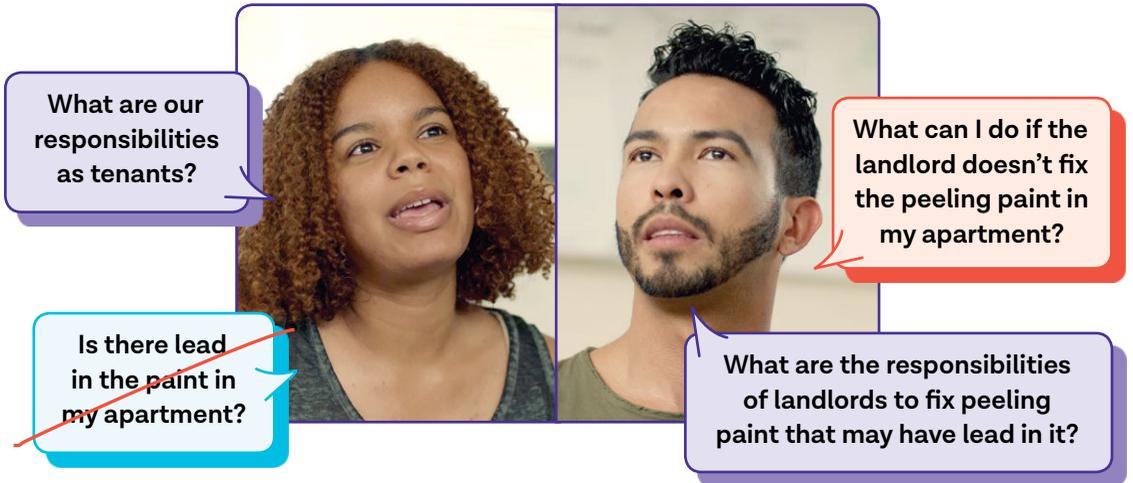
Summary Chart

Read the story on **page 52**. Talk about it with a partner or in a small group. Complete the chart together. Then share your ideas with the whole class.

<p>Who is in the story?</p>	<p>Where and when does the story take place?</p>
<p>What are two or three important things that happen in the story?</p>	
<p>Problem: What is the problem(s)?</p>	<p>Solution: What are possible solutions?</p>

Good Question!

You are Pedro's parents. You want to know more about the peeling paint in your apartment and about the responsibilities of landlords to fix it. You also want to know about your responsibilities as a tenant. You ask Umme some good questions.



1. You want to know if the paint in your apartment has lead in it. **You ask a good question.**

Is there lead in the paint in my apartment?

2. You want to know what landlords must do if there is lead paint peeling in your apartment. **You ask a good question.**
-

3. You want to know what you can do if the landlord doesn't fix peeling lead paint in your apartment. **You ask a good question.**
-

4. You want to know your responsibilities as a tenant. **You ask a good question.**
-

Get the Facts (page 1)

Read the pamphlet. When you read, look for answers to Pedro's parents' good questions on **page 54**.

LEAD PAINT HAZARDS IN THE HOME

What tenants should know about their rights and responsibilities



WHAT YOU SHOULD KNOW ABOUT LEAD PAINT

Lead is a poison often found in old paint. Lead paint, and the dust that it turns into, is the most commonly identified source of childhood lead poisoning. Lead poisoning can cause learning and behavior problems in children. The use of lead paint in residential buildings was banned in New York City (NYC) in 1960. Buildings built before 1960 may still have lead paint on the walls, windows, windowsills, doors and other surfaces.

If paint begins to peel or home repairs are done unsafely, lead paint and dust can spread around your home. When children put their hands and toys in their mouths, they can swallow lead dust.

There are laws and services in NYC to help protect children from lead poisoning. Landlords must identify and fix lead paint hazards in apartments where children 5 years or younger live or routinely spend 10 or more hours per week. These laws apply if the building has three or more apartments and was built before 1960 (or between 1960 and 1978 if the owner knows that the building has lead paint).

From: <https://www1.nyc.gov/assets/doh/downloads/pdf/lead/lead-paint-hazards.pdf>

Get the Facts (page 2)

Read the pamphlet. When you read, look for answers to Pedro's parents' good questions.



WHAT YOU SHOULD KNOW ABOUT THE LAW

It's important for tenants to know their rights and responsibilities.

LANDLORDS must:

- Find out if any children 5 years or younger live or routinely spend 10 or more hours per week in the building, and inspect those apartments for lead paint hazards every year.
- Repair lead paint hazards in all rental units, including one- and two-family homes, before a new tenant moves in.
- Use safe work practices and trained workers when fixing lead paint hazards and doing general repair work that disturbs lead paint.
- Use firms certified by the United States Environmental Protection Agency when disturbing more than 100 square feet of lead paint, replacing windows or fixing violations issued by the NYC Department of Housing Preservation and Development.

TENANTS must:

- Fill out and return the annual notice they receive from their landlord. This form tells the landlord if any children live or routinely spend time in the apartment.
- Notify the landlord in writing if the tenant has a baby or if a child 5 years or younger comes to live or begins to routinely spend 10 or more hours per week in the apartment.

SAFE WORK PRACTICES INCLUDE:



Posting warning signs outside the work area.



Moving or covering all furniture and sealing off floors, doors and other openings with plastic and waterproof tape.



Cleaning the work area daily with either wet mops or a HEPA vacuum, and cleaning with BOTH wet mops and a HEPA vacuum after work is done.



Having a trained person take clearance dust wipes after work is complete to make sure that lead dust levels are safe, and give a copy of the results to the tenant.

Landlords and contractors must NEVER dry-scrape or dry-sand lead paint.

Get the Facts (page 3)

Read the pamphlet. When you read, look for answers to Pedro's parents' good questions.



WHAT YOU CAN DO TO PROTECT CHILDREN FROM LEAD PAINT

- Report peeling, cracked or loose paint in your apartment to your landlord.
- If your landlord does not fix peeling paint or if you think repair work is being done unsafely, call 311 to request a free inspection.
- Wash floors, windowsills, hands, toys and pacifiers often.
- Remind your doctor to test your child for lead poisoning at ages 1 year and 2 years. Ask the doctor about testing older children. If you do not have a doctor, call 311 to find out where to get your child tested.



YOU CAN HELP PREVENT LEAD POISONING

CALL 311 to:

- Report unsafe work practices.
- Learn more about how to prevent lead poisoning.
- Order a free lead test kit for drinking water. You will receive the results within 30 days of submitting the water sample.
- Find out where to get your child tested and treated for lead poisoning.
- Order more copies of this brochure or other materials about lead poisoning prevention.

Owners of multiple dwelling buildings (three or more apartments) must give this brochure to tenants when they sign a lease or move into an apartment if the building was built before 1960 (or between 1960 and 1978 if the owner knows that the building has lead paint). This brochure contains basic legal information and is provided for your convenience only. For a copy of the laws and applicable rules, visit nyc.gov/hpd and search for **lead poisoning**.

For more information about preventing lead poisoning, visit nyc.gov/leadfree.

EHS1324041 - 10.19

NYC
Health



What Can You Say?

You are Umme. Pedro's parents asked you some good questions on **page 54** about the responsibilities of landlords and tenants. What can you say to Pedro's parents? Follow the example.

1. You are Umme.

Pedro's parents asked if their apartment has lead in the paint. What can you say to them? D

A

In New York City, landlords are required to identify and fix lead paint hazards in apartments where children five years or younger live or regularly spend 10 or more hours per week.

2. You are Umme.

Pedro's parents asked what landlords must do if there is lead paint peeling in their apartment. What can you say to them? _____

B

You are responsible for filling out an annual form that tells the landlord if you have a child five years or younger living with you or regularly spending 10 or more hours per week.

3. You are Umme.

Pedro's parents asked what they can do if the landlord doesn't fix peeling lead paint in their apartment. What can you say to them? _____

C

Call 311 to get help.

4. You are Umme.

Pedro's parents asked about their responsibilities as a tenant. What can you say to them? _____

D

If the building is older than 1960, there may be lead in the paint on the walls, windows, windowsills, doors and other surfaces.

For more information, visit this webpage: <https://www1.nyc.gov/site/doh/health/health-topics/lead-poisoning-parents-and-tenants.page>

STORY B:

We Do What We Can

Gabriela is standing near the entrance to the library. She is taking HSE classes there. She is going to have a baby soon, and she is talking with her doctor on the phone. Gabriela says, “Thanks again for the good news, doctor. I am so **relieved** that I no longer have an **elevated blood lead level**.”



When Gabriela gets off the phone, she calls her husband, César, to share the good news. César is **delighted**. He says, “The things we are doing to prevent lead exposure at home are working!” Gabriela says, “Yes!”



Gabriela says goodbye to César and calls her friend, Umme. “Hey, Umme. I got the results from my blood lead test. My blood lead level is not elevated anymore.”

Umme says, “I’m so happy for you! I have some great news too. My daughter Shumi and I organized a meeting of tenants in my building. We wrote a letter to the landlord about the repair work in the lobby that is creating a lot of dust. We told him that he needs to fix the problem safely, or we will file a complaint. And **guess what?! Now he’s fixing it without creating a lot of dust!**”



Gabriela says, “That’s fantastic! You and Shumi are the best.”

Umme says, “We do what we can.”

Gabriela says, “That’s right. We do what we can.” •

VOCABULARY

HSE = High School Equivalency

relieved = when you feel better after a period of feeling anxious

elevated blood lead level = an unsafe

level of lead in your blood

delighted = very happy

guess what? = an expression when you want someone to make a guess

What Can You Do?

Match the problem with the best solution on **page 61**.

Follow the example.



1. You live in an old building and the paint is peeling in your apartment.
What can you do? A
2. Your child may have been exposed to lead but you are not sure.
What can you do? _____
3. You do not know where to go to get a blood lead test for yourself or your child.
What can you do? _____
4. You are pregnant and you want to eat food that is good for you and your child.
What can you eat? _____
5. Your child is 1 year old. Your doctor has not given the child a blood lead test.
What can you do? _____
6. You do not have a doctor for your child.
What can you do? _____
7. You use traditional health remedies you brought from another country. You are not sure if you have lead poisoning.
What can you do? _____
8. You cook with spices brought from other countries. You are not sure if they have lead in them.
What can you do? _____
9. You are not sure if the water in your apartment has lead in it.
What can you do? _____

- A** Tell your landlord about the peeling paint. If the landlord doesn't fix it safely, **call 311**. Also, make sure you wash the floors and the windowsills regularly. If you have young children, wash their hands and toys often.
- B** **Call 311** to find a doctor for your child.
- C** Ask a doctor to give your child a blood lead test. It is the only way to know if your child has lead in their body.
- D** Doctors are required by law to give blood lead test to all children at ages 1 and 2. Tell your doctor to do it.
- E** Spices that you (or someone else) bought in other countries, such as Georgia or Bangladesh and other South Asian countries, can contain lead. Buy your spices from local grocery stores. If you or your family members use these types of spices or foods, ask your doctor for a blood test for lead.
- F** Talk to your doctor. If you or your child does not have a doctor, **call 311** for help with finding a doctor and where to get a blood lead test.
- G** Do not use health remedies that have lead and other harmful metals. **Call 311** or visit nyc.gov/hazardousproducts for a list of specific products to **avoid using**. If you or your family members are using traditional health remedies, ask your doctor for a blood lead test.
- H** Eat a healthy diet and food that has a lot of calcium, iron and Vitamin C. **Avoid using** products such as foods, spices, medicines, cosmetics and ceramic dishes from other countries that may contain lead. Also, never eat non-food items such as clay, pottery, soil or paint chips.
- I** **Call 311** and ask for a free kit to test your water for lead. Let the water run for at least 30 seconds until it feels colder before you drink it or cook with it.

avoid using = stop using

Answer Key: Lesson Set 1

Lesson 1: Introduction to the Lesson Set

Words in the Cloud (pages 8-9)

1. Umme, Shumi, Gabriela, César, Pedro
2. solutions

Keywords I (page 10)

1. lead
2. lead poisoning
3. blood lead test
4. elevated blood lead
5. peeling paint
6. dust
7. effects
8. exposed
9. at risk
10. pregnant

Keywords II (page 11)

1. leader
2. prevention
3. healthy diet
4. source
5. identify a source
6. eliminate a source
7. ceramics
8. spices
9. cosmetics
10. health remedies

Prediction Guide I (page 12)

1. true
2. true
3. false
4. true
5. false
6. true
7. true
8. true
9. true
10. true

Prediction Guide II (page 13)

1. false
2. true
3. true
4. true
5. false
6. true
7. true
8. false
9. true

Lesson 2: Shumi, Pedro and the Peeling Paint

Words in the Cloud (pages 16-17)

1. Shumi, Pedro
2. kitchen, bathroom

Good Question! (page 21)

1. What can happen to children if they have lead poisoning?
2. How can peeling paint (and the dust from old paint) cause lead poisoning in children?
3. What other ways can Pedro get lead poisoning?
4. How can we know if Pedro has lead in his body?
5. What can we do to prevent Pedro from getting lead poisoning?

What Can You Say? (pages 24-25)

1. D
2. A
3. C
4. B
5. E

Lesson 3: Umme and the Amulet

Words in the Cloud (pages 26-27)

1. Umme, Gabriela, Rumi
2. Sources
3. peeling paint, lead dust, amulet, cosmetics, spices, ceramics, remedies

Good Question! (page 32)

1. How do I know if I have lead in my body?
2. What things from different parts of the world may have lead in them?
3. What can happen if you cook or keep food in clay pots and dishes that have lead in them?
4. If a product has lead in it, is lead usually listed on the label?

What Can You Say? (page 39)

1. B
2. D
3. A
4. C

Lesson 4: Pregnancy and Lead Poisoning

Words in the Cloud (pages 40-41)

1. prevent
2. eliminate
3. pressure
4. vitamins
5. calcium

Good Question! (page 45)

1. What can happen if there is lead in my body?
2. What should I do to prevent my baby from getting lead poisoning?
3. What should my wife eat to keep her and her baby healthy?
4. Is it safe to drink the water from the faucet?

What Can You Say? (page 49)

1. D
2. B
3. C
4. A

Lesson 5: Leaders Taking Action

Words in the Cloud (pages 50-51)

1. Shumi, Umme, Gabriela, César, Pedro
2. 311
3. 1960
4. action
5. Tenants, landlord

Good Question! (page 54)

1. Is there lead in the paint in my apartment?
2. What are the responsibilities of landlords to fix peeling paint that may have lead in it?
3. What can I do if the landlord doesn't fix the peeling paint in my apartment?
4. What are our responsibilities as tenants?

What Can You Say? (page 58)

1. D
2. A
3. C
4. B

What Can You Do? (pages 60-61)

1. A
2. C
3. F
4. H
5. D
6. B
7. G
8. E
9. I



Lead and Leadership

Lesson Set 2:

Lead Poisoning Prevention for Construction Workers and Their Families

LESSON 1: Introduction to the Lesson Set

LESSON 2: Rolando's Dirty Laundry

LESSON 3: Workers and Tenants at Risk

LESSON 4: Working Safely and Eating Safely Too

LESSON 5: Prevention Is Better than Cure

Words in the Cloud

Look for words in the Word Cloud on **page 66** to complete this chart.

<p>1. Find five names.</p>	<p>2. Find the word to complete this sentence:</p> <p>_____</p> <p>workers are often at risk of exposure to lead and lead poisoning.</p>
<p>3. Find five words you know.</p>	<p>4. Find five words you want to know.</p>
<p>5. Make a prediction: What problem do people in this Word Cloud have?</p>	<p>6. Make another prediction: How do they solve the problem?</p>

Keywords I

Find the meaning. Follow the example.

lead poisoning • dust • lead • prevention • elevated blood lead
health hazard • at risk • blood lead test • exposure • ~~health~~ • effects

1. health the condition of your body and mind
2. _____ something dangerous for your health
3. _____ very small particles that get on surfaces such as floors and windowsills; you need to get rid of it with a vacuum cleaner, a broom or a cloth.
4. _____ a metal that is poisonous
(It is found in some natural and industrial products. It may also be present in consumer products, such as some foods, spices, medicines, cosmetics, religious powders, ceramic ware, jewelry and toys.)
5. _____ poisoning from lead in the body
6. _____ a test to measure lead in blood
7. _____ having a high level of lead in blood
8. _____ in a situation that may be dangerous or harmful
9. _____ the condition of being in contact with something (the noun for “exposed”)
10. _____ the results or consequences of something
11. _____ stopping something from happening

Keywords II

Find the meaning. Follow the example.

safe • training • protective equipment • ~~construction~~ • respirator
contaminated • harmful • renovation • protect • leaders

1. construction building or renovating something, such as a building, a road, a bridge...
2. _____ remaking an old building; rebuilding
3. _____ spoiled with toxic (poisonous) elements
4. _____ when you are protected or not exposed to danger, harm or risk
5. _____ can cause harm or injury
6. _____ keep safe from harm or injury
7. _____ tools and other things that provide safety when you are working or doing something
8. _____ a kind of mask that you wear over your mouth and nose to prevent breathing dust, smoke, or other dangerous substances
9. _____ instruction that gives you knowledge and skills
10. _____ people who lead; people who take action and help organize other people to solve problems

Prediction Guide

Write **true** if you think the sentence is true.

Write **false** if you think the sentence is false.

Follow the example.

1. false Lead poisoning is very harmful for children, but not for adults.
2. Lead was a risk for construction workers in the past but not today.
3. If you are a construction worker who works in old buildings, you should take steps to protect yourself from lead.
4. If you wash your hands, it is safe to eat or drink in a construction work area that has lead.
5. If you are a construction worker at a worksite that has dust with lead in it, you should wash your hands and face, and shower if possible, before leaving work.
6. If you are a construction worker and you renovate old buildings, you should get regular blood lead tests.
7. A blood lead test indicates the amount of lead you may have in your blood.

Meet the Characters

Read the descriptions of the characters below.
Choose a character and introduce yourself as that person.



Rolando: My name is Rolando. I am a construction worker. Sometimes I work in old buildings. My wife, Silvia, says that I should change my dirty work clothes at work. She is worried that my dirty clothes may have lead dust. What else can I do to **prevent** lead poisoning?

Silvia: My name is Silvia. I am a home health aide. I am concerned about Rolando's health and the health of our family. Recently, Rolando started working in an old building. He comes home with his dirty clothes and he is covered in dust. The dust he brings home may have lead in it. It's not healthy.



Cecilia and Janus: Our names are Cecilia and Janus. We are Rolando's coworkers. We want to protect ourselves from exposure to lead. There are actions we can take on the job to work safely.

Marco: My name is Marco. I am the supervisor at a construction site. One day, a **tenant** in the building that my company is renovating complained about the dust and the risk of lead poisoning to her child. My work team is taking action to stop the dust from leaving the worksite and to work safely.



Tenant: I am a **tenant** who lives in an old building. A construction company is doing a renovation on the first floor. The renovation caused a lot of dust in my apartment. I have a small child and I do not want him to be exposed to lead dust. I take action to prevent my son's exposure to lead.

VOCABULARY

prevent = to stop something from happening

tenant = someone who rents from a landlord

Words in the Cloud

Look for words in the Word Cloud
on **page 73** to complete this chart.

1. Find four names.

2. Find the sound a dog makes.

**3. Find the words to complete
the sentence:**

Silvia is a _____
health _____
and Rolando is a
_____ worker.

**4. Find two words to complete
the sentence:**

Before you wash your dirty
clothes, you put them in a

_____.

5. Make a prediction: What do you think is going on in this story?

THE STORY

Rolando's Dirty Laundry

Rolando is a construction worker. His company is **renovating** an old building. The workers are **knocking down** old walls and **removing** everything. The workplace is very dusty.

When Rolando comes home, he is covered in dust. His son, Lionel, is excited to see him. Lionel runs to hug his father. Rolando is happy to see his son, but he stops Lionel from hugging him. He says, “*Wait, Lionel. I need to take a shower. Then I want to hear about your day at school.*” Lionel says okay.

There is a dog sleeping on the floor in the hallway. The dog's name is Bobby. When Rolando walks by Bobby, dust rises from his work boots. Bobby wakes up and **barks**. He tries to shake away the dust with his paw.

Rolando is in the shower. He is singing. His dirty clothes are in the middle of the floor. When Rolando is in the shower, his wife, Silvia, enters the bedroom. She is wearing **scrubs**—a uniform for her job. She is a home health aide.

Silvia looks upset when she sees the dirty pile of clothes on the floor. She picks them up and puts them in a **laundry basket**. Then she leaves the room.

Rolando comes out of the shower. His dirty clothes are not on the floor. He **wonders** what happened



to them. Rolando puts on clean clothes. He looks in a laundry basket and sees his dusty work clothes. He takes them out. He puts them on a chair to wear for work tomorrow.

Silvia comes in and sees Rolando's dirty clothes on the chair.

Silvia says, *"I put those work clothes in the laundry basket. Why did you take them out?"*

Rolando says, *"I need them for work tomorrow."*

Silvia says, *"They are dirty."*

Rolando says, *"I'll wash them this weekend. I don't need clean clothes for work. They'll get dirty anyway."*

Silvia says, *"You work at a **construction site**. Your dirty clothes are full of dust. There could be lead in the dust you bring home. It's not safe. Not for you. Not for Lionel."*

Rolando says, *"Lead?"*

Silvia says, *"Yes, lead. It is a very harmful metal. You should wash up and change into clean clothes at work before you come home."*

Rolando looks at her and says, *"Change into clean clothes at work? Hmm..."* •

VOCABULARY

renovating = rebuilding; making repairs to a building

knocking down = taking a wall or something large down

removing = taking something out of a space; getting rid of something

bark = the sound a dog makes

scrubs = a medical uniform

laundry basket = a large container for dirty clothes

wonder = to think about

construction site = a construction job site

Summary Chart

Read the story on pages 75–76. Talk about it with a partner or in a small group. Complete the chart together. Then share your ideas with the whole class.

Who is in the story?	Where and when does the story take place?
What are two or three important things that happen in the story?	
Problem: What is the problem(s)?	Solution: What are possible solutions?

Good Question!

You are Rolando. You want to learn more about lead poisoning and why the lead on your dirty work clothes can be dangerous for you and your family. You ask Silvia some good questions.



1. You want to know the symptoms of lead poisoning in adults.

You ask Silvia:

What are some of the symptoms of lead poisoning in adults?

2. You want to know what can happen to your son if you bring home dust with lead in it from your worksite. **You ask Silvia:**
-

3. You want to know how to prevent people in your family from getting lead poisoning. **You ask Silvia:**
-

4. You want to know what long-term exposure to lead can cause in adults. **You ask Silvia:**
-

5. You want to know if you have lead poisoning. **You ask Silvia:**
-

Get the Facts

Read the brochure. When you read, look for answers to Rolando's good questions on **page 78**.

Lead paint is a health hazard found at many construction sites.

Lead Poisoning Has Serious Health Effects

Most adults with lead poisoning do not feel or look sick. Here are some symptoms they may feel:

- Headaches
- Stomach cramps
- Constipation
- Muscle or joint pain
- Trouble sleeping
- Loss of sex drive
- Fatigue
- Irritability

Exposure to lead for a long time may cause:

- High blood pressure
- Nerve disorders
- Brain damage
- Kidney damage
- Reproductive damage



Protect Your Family From Lead Poisoning

Lead that is brought home on work clothes and equipment can cause learning and behavior problems in young children.

- Wash and shower before leaving work.
- Change out of work clothes and boots before going home or getting into your car.
- Wash work clothes separately from other household laundry.
- Ask a doctor about testing family members.
- Make sure that all children get tested for lead poisoning at ages 1 and 2.



From: <https://www1.nyc.gov/assets/doh/downloads/pdf/lead/lead-safety-brochure.pdf>

What Can You Say? (page 1)



You are Silvia. Rolando asked you some good questions on **page 78** about lead poisoning and the dangers to your family of lead dust. **What can you say?**

1. **You are Silvia.** Rolando asked about the symptoms of lead poisoning in adults. **What can you say?** B
2. **You are Silvia.** Rolando asked what can happen to Lionel if he brings home dust with lead in it from work. **What can you say?** _____
3. **You are Silvia.** Rolando asked you how to prevent people in your family from getting lead poisoning. **What can you say?** _____
4. **You are Silvia.** Rolando asked about the long-term effects of exposure to lead in adults. **What can you say?** _____
5. **You are Silvia.** Rolando asked you how he can know if he has lead poisoning. **What can you say?** _____

A If you bring lead dust home, it can cover the floor and other surfaces. If Lionel touches these surfaces and then puts his hands in his mouth, the lead can get into his body. Lead can cause problems with learning and behavior in children. It is important to prevent Lionel's exposure to lead.

B Symptoms from lead exposure can include headaches, irritability, stomach pain and trouble sleeping. But most adults exposed to lead do not look or feel sick.

More answers on the next page.

What Can You Say? (page 2)

C Long-term exposure to lead can cause serious health problems in adults. Lead can cause high blood pressure, kidney problems, brain and nerve damage, and damage to reproductive health.

D Ask your doctor for a blood lead test. If you do not have a doctor, **call 311** for help with finding a doctor.

E If possible, you should shower and change clothes before you leave work. You should take off your shoes before entering the home. You should wash your dirty work clothes separately from the family laundry. We need to keep the home clean by cleaning floors and surfaces often. Lionel also needs to wash his hands and toys often.*

*** There are other things families can do to protect themselves from lead poisoning.**

- **Families should not use products that may have lead in them.** Lead is usually not listed on the packaging. Some products from other countries may have lead, such as some foods and spices, medications, cosmetics, religious powders and clay ceramic ware. (See *Lesson 3 in Lesson Set 1* on pages 26–39 for information on different sources of lead in consumer products.)
- **You should also only use cold tap water for drinking and cooking.** Let the water run for at least 30 seconds until it feels cold. You can test your water to see if it has lead from old pipes.
- **Call 311 to get a free lead test kit for drinking water.** You will receive the results within 30 days of sending in a water sample.

Words in the Cloud

Look for words in the Word Cloud on **page 82** to complete this chart.

<p>1. Find four names.</p>	<p>2. Find what a child plays with.</p>
<p>3. Find the word to complete the sentence:</p> <p>If you want to report a problem, you can file a _____.</p>	<p>4. Find the word to complete the sentence:</p> <p>Wearing a _____ prevents dust from entering your nose and mouth.</p>
<p>5. Make a prediction:</p> <p>What do you think is the problem in this story?</p>	<p>6. Make another prediction:</p> <p>What do you think is the solution to the problem?</p>

THE STORY

Workers and Tenants at Risk

It's the start of a new work day. Rolando, a construction worker, enters the construction site. It's a large apartment building. It's very old. His company is renovating the first floor.

Rolando is wearing clean work clothes and work boots. He is carrying a backpack. When he enters, he sees a tenant talking to the construction **supervisor**, Marco. The tenant is upset about something.

"I live upstairs," the tenant says. "There is a lot of dust in my apartment. It started two days ago when you began working. It's coming from here. There may be lead in that dust!"

Rolando puts down his backpack. He walks over to his coworkers. Their names are Cecilia and Janus. They are listening to the conversation.

The supervisor says to the tenant, *"Don't worry. After today there won't be any more dust."*

The tenant says, *"I have a small child. I am worried about his health. The dust is getting on his books and toys. He's a little kid. He puts things in his mouth. You have to work safely and provide training for the workers!"*

The supervisor says, *"I understand the problem. I will take care of it. There won't be any more dust after today."*



The tenant says, *“I hope not. I am going to file a complaint if the problem continues.”*

The tenant leaves. After she is gone, the supervisor **approaches** the workers and says, *“All right, everyone. Get back to work. We have a lot to do today.”*

Rolando and his coworkers look at each other. Rolando says to them quietly, *“We have to put up some **protection**, don’t we?”*

Cecilia says out loud to the supervisor, *“What about the dust?”*

The supervisor turns to Cecilia and says, *“Okay. Let’s first put up some plastic sheets and **seal the doors** and other openings. Cover the **vents** too. Make sure no dust leaves this floor. Also, make sure you clean the work area with a wet mop after the work is done for the day.”*

The workers get to work. They put on masks. They put up plastic sheets. They seal the doors and cover the vents in the ceiling.

Cecilia says to Janus, *“Let’s spray a little water on the walls before we **scrape** off the paint. If we do that, there won’t be so much dust. I read that we should never scrape or sand when **lead-based paint** is dry.”*

Janus says, *“You’re right.”*

After they spray the area with water, they start scraping the paint off the walls. They make some dust but not as much as before. And the plastic sheets keep the dust in the area where they are working.

Rolando says to his coworkers, *“Yesterday, my wife was **complaining** about the dirt and dust that I bring home every day. She also said that the dust might have lead in it.”*

Cecilia says, *“That’s what the tenant said too.”*

Rolando says, *“We need to find out more about working safely.”*

When the workday is over, Rolando goes into a different room to wash up and change out of his work clothes and work boots. When he comes out, he is wearing clean clothes and shoes. •

VOCABULARY

supervisor = an employee who supervises (oversees or manages) your work

approach = to move towards someone

protection = to provide safety; the act of protecting against danger

seal the doors = close off edges of a door (with plastic and tape) so no dust can get out

vents = openings in a wall or equipment to allow air to move

scrape = to remove something from a surface with a sharp tool

lead-based paint = paint that contains lead (In New York City, lead paint was banned in 1960, but older buildings may still have lead paint on the walls, windows, doors and other surfaces.)

complaining = expressing dissatisfaction



See the brochure “**Lead Paint Hazards in the Home**” (in Lesson 5 in Lesson Set 1) for important information about preventing lead poisoning for tenants and workers. It includes information about tenant rights, too.

Summary Chart

Read the story on **pages 84–85**. Talk about it with a partner or in a small group. Complete the chart together. Then share your ideas with the whole class.

Who is in the story?	Where and when does the story take place?
What are two or three important things that happen in the story?	
Problem: What is the problem(s)?	Solution: What are possible solutions?

Good Question!

You are Rolando, Cecilia and Janus. You want to know how you can be exposed to lead at your worksite, and what you can do to prevent lead poisoning.



How can construction workers be exposed to lead?

What construction activities increase the risk of exposure to lead?

What can we do to protect ourselves and other people from exposure to lead?

1. **You are Rolando.** You want to know how construction workers can be exposed to lead. **You ask a good question.**

2. **You are Cecilia.** You want to know what construction activities increase the risk of exposure to lead. **You ask a good question.**

3. **You are Janus.** You want to know how you and your coworkers can protect yourselves and others from exposure to lead. **You ask a good question.**

Get the Facts (page 1)

Read the brochure. When you read, look for answers to the Rolando's, Cecilia's and Janus's good questions on **page 88**.



Work Safe!

What Construction Workers Should Know About Lead Poisoning

Workers Are Exposed By Breathing Lead Dust Or Lead Fumes

Lead dust on workers' hands can be accidentally swallowed while eating, drinking or smoking.

Painters, ironworkers, laborers and demolition crews working on lead-painted structures are most at risk. These activities may expose workers to high lead levels:

- Abrasive blasting
- Torch-cutting, burning and welding
- Using grinders, sanders, needle guns, scalers and other power tools
- Rivet busting
- Dry scraping and sanding
- Cleaning up lead-contaminated work areas

Workers Can Help Prevent Lead Poisoning

- Use safe work practices and engineering controls.
- Use wet cleaning methods and HEPA vacuums to clean work areas. Never dry sweep or use compressed air.
- Wear a proper respirator and keep it clean.
- Wash hands and face before eating, drinking and smoking. Never eat, drink or smoke in the work area.
- Use separate clothes and boots for work.
- Get regular blood lead tests.

From: <https://www1.nyc.gov/assets/doh/downloads/pdf/lead/lead-safety-brochure.pdf>

Get the Facts (page 2)

Read the brochure. When you read, look for answers to the Rolando's, Cecilia's and Janus's good questions on **page 88**.

SAFE WORK PRACTICES INCLUDE:



Posting warning signs outside the work area.



Moving or covering all furniture and sealing off floors, doors and other openings with plastic and waterproof tape.



Cleaning the work area daily with either wet mops or a HEPA vacuum, and cleaning with BOTH wet mops and a HEPA vacuum after work is done.



Having a trained person take clearance dust wipes after work is complete to make sure that lead dust levels are safe, and give a copy of the results to the tenant.

Landlords and contractors must NEVER dry-scrape or dry-sand lead paint.

From: <https://www1.nyc.gov/assets/doh/downloads/pdf/lead/lead-paint-hazards.pdf>

What Can You Say?

Rolando, Cecilia and Janus asked you some good questions on **page 88** about protecting themselves and others from exposure to lead. What can you say?

1. Rolando asked how construction workers can be exposed to lead.
What can you say? _____

2. Cecilia asked about the types of construction activities that can increase the risk of exposure to lead.
What can you say? _____

3. Rolando asked what you and your coworkers can do to protect yourselves and others from exposure to lead.
What can you say? _____

A You can do many things to protect yourselves and others from exposure to lead. First of all, you should seal off floors, doors and other openings with plastic and tape before starting repairs and renovations. You should never scrape or sand lead paint when it is dry. You should not eat, drink or smoke in the work area. You should wash your hands and face before you eat, drink or smoke. You should clean the work area everyday with a wet mop or HEPA vacuum.

B Construction workers can be exposed to lead by breathing dust and **fumes** with lead in it. Also, lead dust can get on their hands. They can swallow it by accident when they eat, drink or smoke without washing their hands and face first.

C Activities that create a lot of lead dust and/or lead fumes increase the risk of exposure to lead. Dry scraping and sanding are two examples of activities that increase the risk.

fumes = gases, smoke or vapor that have strong smells and may be dangerous to your health

Words in the Cloud

Look for words in the Word Cloud on **page 92** to complete this chart.

<p>1. Find the word to complete the sentence:</p> <p>Construction workers should not eat or drink in the work _____.</p>	<p>2. Find the words to complete the sentence:</p> <p>Construction workers need to wash their hands and _____ with _____ and water before eating lunch.</p>
<p>3. Find four possible effects of lead poisoning.</p>	<p>4. Find the word to complete the sentence:</p> <p>Protective clothing reduces _____ to lead.</p>
<p>5. Find ten words you know.</p>	<p>6. Find five words you want to know.</p>

THE STORY

Working Safely & Eating Safely Too



It's lunchtime at the construction site. Rolando and Cecilia put down their tools, take off their masks and go to wash their hands and face before eating. When they come back into the room, their coworker, Janus, is halfway through his sandwich.

Janus looks up briefly and says, *"What took you so long?"*

Cecilia says, *"We were washing up."*

Janus continues eating. He is really enjoying lunch.

Rolando says, *"Janus, did you wash your hands?"*

Janus is not sure if he heard Rolando correctly. He looks up again from his sandwich. *"What did you say, Rolando?"* he asks.

Cecilia says, *"He asked if you washed your hands? It's a serious question."*

Janus says, *"I didn't need to. I was wearing gloves when we were working."*

Janus takes another bite from the sandwich. *"This sandwich is really delicious,"* he says. *"It's messy though. I'll wash up after lunch."*

Sauce from Janus's sandwich is dripping down his hands.

Cecilia sits down next to him. Rolando sits on the other side. They are concerned about their friend.

Cecilia says, *“Janus, what you are doing is not healthy. In fact, it’s dangerous.”*

Janus says, *“Lunch, dangerous?”*

Rolando says, *“Yesterday we were talking about how to work safely. We sealed the doors and covered the vents to keep the dust from leaving the room.”*

Cecilia says, *“We sprayed some water on the walls before we scraped the old paint off. We did these things to reduce exposure to lead dust.”*

Janus says, *“Yeah, we did the right thing.”*

Rolando takes out a piece of paper from his pocket. It says, **“Work Safe!”** at the top. He shows it to Janus and points at the words, *“Wash hands and face with soap and water before eating, drinking or smoking.”*

Janus puts the sandwich down in his lunch container. He says, *“Where did you get this?”*

Rolando says, *“I got it from the NYC Department of Health website.”*

Cecilia says, *“Look at the list of things that can happen to you if you get lead poisoning.”*

She reads from the list, *“Brain and nerve damage, depression, high blood pressure, kidney damage, impotence...”*

Janus says, *“Wow. This is serious.”*

Rolando points at another place on the page. It says, *“Do not eat, drink or smoke in the work area.”*

Janus says, *“So where do you want to eat lunch?”*

Cecilia gets up and says, *“Not here. Not in this room.”*

Rolando says, *“Let’s go to the room we haven’t started working in yet. There’s no dust there. It’s perfectly clean.”*

At that moment, the supervisor, Marco enters the room. He's lighting up a cigarette. *"Where are you guys going?"* he asks.

Janus says, *"We're going to a clean room to eat lunch. And you should not smoke that cigarette in here."*

Rolando says, *"You really shouldn't smoke anywhere, but especially not in a room with lead dust."*

He shows the paper to Marco. Marco starts reading it. He puts out the cigarette.

Cecilia says, *"We're working safely. And we are taking our lunch break safely too."*

Rolando says, *"It's good for us and for our families."* •



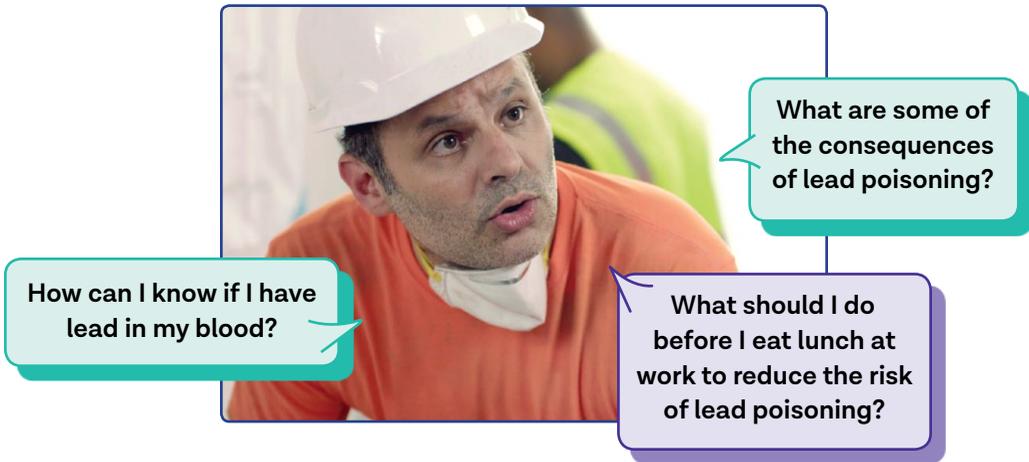
Summary Chart

Read the story on pages 94–96. Talk about it with a partner or in a small group. Complete the chart together. Then share your ideas with the whole class.

Who is in the story?	Where and when does the story take place?
What are two or three important things that happen in the story?	
Problem: What is the problem(s)?	Solution: What are possible solutions?

Good Question!

You are Janus. Rolando and Cecilia are talking to you about working safely and the risks of lead poisoning. You ask some good questions.



1. **You are Janus.** You want to know what you should do before eating lunch on the job to reduce the risk of lead poisoning.
You ask a good question.

2. **You are Janus.** You want to know some of the effects of lead poisoning.
You ask a good question.

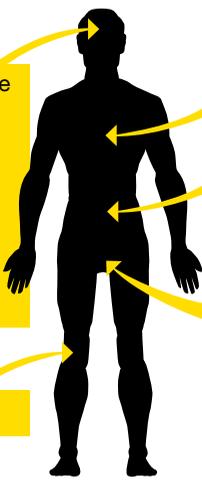
3. **You are Janus.** You are concerned that you may have swallowed some lead dust. You want to know if you have lead in your blood.
You ask a good question.

Get the Facts

Read the document below. When you read, look for answers to Janus's good questions on **page 98**.

Work Safe!

Lead is dangerous and can cause:



Brain and nerve damage
Depression
Dizziness
Fatigue
Headaches
Irritability
Memory loss
Tremors
Trouble sleeping

High blood pressure

Constipation
Kidney damage
Loss of appetite
Stomach cramps

Abnormal sperm
Impotence
Infertility
Loss of sex drive
Miscarriage
Preterm labor
Stillbirth

Muscle or joint pain

Take these steps to protect yourself and your family from lead:

- Do not eat, drink or smoke** in the work area.
- Wash hands and face with soap and water** before eating, drinking or smoking.
- Wear protective clothing and a proper respirator.**
- Use safe work practices** and wet cleaning methods to reduce dust exposure.
- Wash and shower** before leaving work.
- Change out of work clothes and shoes** before going home or getting in your car.
- Wash work clothes separately** from other household clothing.
- Get regular blood lead tests** for yourself and your family.



Most adults with lead poisoning do not feel or look sick.
Call 311 or visit [nyc.gov/lead](https://www1.nyc.gov/lead) to learn more.

From: <https://www1.nyc.gov/assets/doh/downloads/pdf/lead/lead-safety-palmcard.pdf>

What Can You Say?

Janus asked some good questions on **page 98** about working safely and the risks of lead poisoning.

What can you tell him?

1. Janus asked what construction workers should do before they eat, drink or smoke at work in order to reduce the risk of lead poisoning. **What can you say to him?** _____

2. Janus asked about some of the dangerous effects of lead poisoning. **What can you say to him?** _____

3. Janus asked how he can know if he has lead in his blood? **What can you say to him?** _____

A Get a blood lead test to check if you have lead in your blood. Your family should get blood tests for lead too. Most people with lead poisoning do not look or feel sick. **Call 311** or visit **www.nyc.gov/Lead** to learn more.

B Construction workers should wash their hands and face with soap and water before they eat, drink or smoke. After they wash up, they should find a clean place to eat. They should not eat, drink or smoke in the work area.

C In adults, lead poisoning can cause many serious health problems. It can cause high blood pressure, kidney damage, brain and nerve damage, problems during pregnancy and other reproductive health problems, such as abnormal sperm and infertility in both men and women. Lead poisoning can also cause serious health problems in children. (See *Lesson 2 in Lesson Set 1* for more information about the effects of lead poisoning in children.)

Words in the Cloud

mother lead poisoning home
husband son construction worker
wife happy wearing prevention is
check homework dirty wearing better than cure
Lionel good news
run water clean clothes backpack father
30 seconds Rolando excited leaders
Silvia safe healthy wash

Words in the Cloud

Look for words in the Word Cloud on
page 101 to complete this chart.

1. Find the word to complete the sentence:

You need to _____
water for 30 seconds before
you drink.

2. Find the words to complete the sentence:

Construction workers should
change into _____
clothes before going
_____.

3. Find five family words.

4. Find the word to complete the sentence:

_____ is better
than cure.

THE STORY

Prevention Is Better than Cure

It's the end of another workday. Rolando, a construction worker, comes home from work. He is carrying a backpack. Rolando is wearing clean clothes, and he is all washed up. He is as clean as he was when he left home in the morning.

When Rolando enters the apartment, his son, Lionel, is happy to see him. Lionel runs to his father and jumps into his arms. Rolando asks, "How was school?"

Lionel says, "It was good. But I have a lot of homework to do."

Rolando says, "Good. Do your homework and I will check it."

Lionel goes back to his room. Rolando goes into the kitchen to get a glass of water. Before he drinks, he lets the water run for 30 seconds until it feels cold. He knows it's safer to let the water run first.

Rolando's wife, Silvia, comes home from grocery shopping. Rolando is excited to see her. He goes to his backpack and takes out a plastic bag. His dirty work clothes are inside the plastic bag. Rolando holds up the bag and smiles.

Silvia says in Spanish, "Más vale prevenir que curar."

Rolando says, "That's right... **Prevention is better than cure.**" •



VOCABULARY

Prevention is better than cure. = It is better to take action to prevent getting sick than to wait until you are sick to take action.

What Can You Do? (page 1)

Match the problem with the best solution. Follow the example.

1. You are renovating an old building and you and your clothes are covered with dust.

What can you do? A

2. You are not sure if there is lead in your work place and you want to know if your employer can get a blood lead test for you.

What can you do? _____

3. You think you are exposed to lead at work and may have lead poisoning.

What can you do? _____

4. You have an elevated level of lead in your blood.

What can you do? _____

5. Your family may be exposed to lead because of your work.

What can you do? _____

A

You can take steps to protect yourself from the dust in the workplace.

- You should wear protective equipment when you work.
- You should never scrape or sand paint when it is dry.

- You should wash your hands and face with soap and water before eating, drinking or smoking.
- You should wash up and change into clean clothes and shoes before you go home.

What Can You Do? (page 2)

B Take actions to make sure that your family is not exposed to lead from your work. Do not bring lead dust into your home.

- Before you go home, you should wash up and change out of your work clothes and work boots.
- Also, if you can do it, take a shower at the workplace before you leave work.
- In addition, wash your work clothes separately from the rest of the laundry.

D Speak with your doctor about what you can do to lower the level of lead in your blood. Also, visit www.nyc.gov/Lead for more information about reducing your blood lead level.

E Ask your doctor for a blood lead test. It is the only way to know if you have lead poisoning. If you don't have a doctor, call 311 and they will help you find a doctor.

C Find out if your employer has a blood lead monitoring program.* If your employer does not have a blood lead monitoring program, speak with your doctor about getting a blood lead test. For help finding a doctor, call 311.

* Employers are required by law to protect workers from lead exposure. Workers at risk for lead exposure because of their job should be monitored (checked) by their employer. If you work around lead, find out if your employer has a blood lead monitoring program.

See this link: www.nyc.gov/Lead

Lead Exposure: Self-Assessment Guide for Adults

Lead poisoning can cause health problems for adults, children and pregnant women. Use this self-assessment guide to know if you or your family are at risk of getting lead poisoning.

Lead poisoning has serious health effects. However, most adults with lead poisoning don't look or feel sick. To find out if you have been exposed to lead, answer the following questions.

1. **YES** **NO** **Do you work with lead on your job?**

Working with products or materials that contain lead, lead alloys, lead-based paints or pigments, and certain glazes and ceramics can expose workers to lead on the job. The following are some jobs that may expose you to lead:

- Ammunition or explosives production
- Antiques or furniture restoration/repair
- Auto repair
- Battery manufacturing/recycling
- Bridge repair/painting
- Cable splicing/production
- Ceramics or pottery making
- Electronics repair/recycling
- Electrical work
- General/home construction
- Iron or steel structure repair/painting
- Jewelry production
- Law enforcement
- Lead abatement
- Metal recycling
- Plumbing repair
- Roofing
- Shooting range work
- Scraping, sanding or using a heat gun to remove old lead-based paint
- Smelter work
- Stained glass, glass recycling and manufacturing

2. **YES** **NO** **Do you have any hobbies that may expose you to lead?**

The following are some hobbies that may expose you to lead:

- Bronze casting
- Casting fishing weights or lead figurines
- Ceramics (pottery)
- Copper enameling
- Electronics repair
- Glassblowing with leaded glass
- Home renovation
- Jewelry making
- Liquor distillation
- Print making and other fine arts
- Stained glass work
- Target shooting/hunting/casting ammunition

3. YES NO Do you live with someone who works with lead?
4. YES NO Did you or anyone in your home ever have an elevated blood-lead level?
5. YES NO Are you living in an older home with ongoing renovations that create dust?
6. YES NO Do you use any products from other countries such as imported herbal medicines, health remedies, foods, spices and cosmetics?
For more information visit: nyc.gov/hazardousproducts
7. YES NO Do you use imported ceramic cookware or dinnerware, or leaded crystal?
8. YES NO Do you eat, chew or mouth any non-food items such as clay, soil, crushed pottery or paint chips?
9. YES NO Have you ever had a gun shot injury?
10. YES NO Do you regularly travel outside of the United States to countries where lead poisoning may be common?
11. YES NO Are you a recent immigrant to the United States?

See your doctor for a blood lead test if you answer **YES** to any of these questions.

Call 311 for more information, to find out where to get a blood lead test, or have questions about your exposure to lead.

From: <https://www1.nyc.gov/assets/doh/downloads/pdf/lead/self-assess-guide.pdf>

Answer Key: Lesson Set 2

Lesson 1: Introduction to the Lesson Set

Words in the Cloud (pages 66-67)

1. Rolando, Silvia, Cecilia, Janus, Marco
2. Construction

Keywords I (page 68)

1. health
2. health hazard
3. dust
4. lead
5. lead poisoning
6. blood lead test
7. elevated blood lead
8. at risk
9. exposure
10. effects
11. prevention

Keywords II (page 69)

1. construction
2. renovation
3. contaminated
4. safe
5. harmful
6. protect
7. protective equipment
8. respirator
9. training
10. leaders

Prediction Guide (page 70)

1. false
2. false
3. true
4. false
5. true
6. true
7. true

Lesson 2: Rolando's Dirty Laundry

Words in the Cloud (pages 73-74)

1. Rolando, Silvia, Lionel, Bobby
2. bark
3. home, aide, construction
4. laundry basket

Good Question! (page 78)

1. What are some of the symptoms of lead poisoning in adults?
2. What can happen to Lionel if I bring home lead dust from my worksite?
3. How can I prevent my family from getting lead poisoning from the dust at my worksite?
4. What can happen to adults if they are exposed to lead for a long time?
5. How can I know if I have lead poisoning?

What Can You Say? (pages 80-81)

1. B
2. A
3. E
4. C
5. D

Lesson 3: Workers and Tenants at Risk

Words in the Cloud (pages 82-83)

1. Rolando, Cecilia, Janus, Marco
2. toys
3. complaint
4. mask

Good Question! (page 88)

1. How can construction workers be exposed to lead?
2. What construction activities increase the risk of exposure to lead?
3. What can we do to protect ourselves and other people from exposure to lead?

What Can You Say? (page 91)

1. B
2. C
3. A

Lesson 4: Working Safely and Eating Safely Too

Words in the Cloud (pages 92-93)

1. area
2. face, soap
3. high blood pressure, kidney damage, brain damage, infertility
4. exposure

Good Question! (page 98)

1. What should I do before I eat lunch at work to reduce the risk of lead poisoning?
2. What are some of the consequences of lead poisoning?
3. How can I know if I have lead in my blood?

What Can You Say? (page 100)

1. B
2. C
3. A

Lesson 5: Prevention Is Better than Cure

Words in the Cloud (pages 101-102)

1. run
2. clean, home
3. mother, father, son, wife, husband
4. Prevention

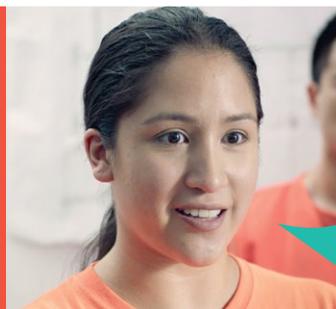
What Can You Do? (pages 104-105)

1. A
2. C
3. E
4. D
5. B

Call 311 to learn more about lead poisoning prevention or visit www.nyc.gov/Lead.



What number can you call if you need to find a doctor for your child?



How can I know if I have lead in my blood?

I am pregnant. What can happen if there is lead in my body?



What can we do to protect ourselves at work from exposure to lead?



How can I prevent my family from getting lead poisoning from the dust at my worksite?



What can we do to prevent our child from getting lead poisoning?

What are the effects of lead poisoning in children and adults?



What can I do if the landlord doesn't fix the peeling paint in our apartment?

