

## Can These Toxins Hurt My Family?

**Manganese** is good for the body if eaten in healthy amounts. When manganese is breathed in, due to being in the air, or taken in large amounts it can cause damage to the body. Manganese can cause:

- Attention Deficit Hyperactivity Disorder (ADHD)
- Slow/Clumsy Movements
- Mental and Emotional Disturbances

**Lead** also has very serious health concerns when one breathes or swallows it. Lead can cause:

- Problems with the Nervous System
- Brain and Kidney Damage
- Miscarriages
- Weak Muscles
- Stomachaches
- Decreased Mental Ability
- Hyperactivity
- Emotional Disorders

Research has shown that exposure to both toxins can cause a decrease in development and learning skills.



## Good Hand Washing Skills to Teach Children

1. Wash Hands in Warm Water (not too hot for children's hands).
2. Use soap and lather up for about 20 seconds (allow kids to sing Twinkle, Twinkle Little Star while washing).
3. Make sure kids wash under fingernails, in between fingers, and wrists.
4. Rinse soap off of hands.
5. Dry hands on a clean dry towel.



Association of Minority Health  
Profession Schools, Inc

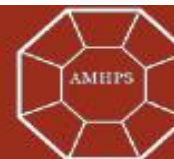
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[www.minorityhealth.org](http://www.minorityhealth.org)

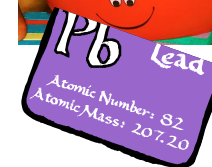
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ASSOCIATION OF MINORITY  
HEALTH PROFESSIONS  
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## Protecting My Child from Environmental Toxins



[www.minorityhealth.org](http://www.minorityhealth.org)

## What Are Some Environmental Toxins that Can Harm My Child?

**Lead** is a metal in nature found in small amounts throughout the earth's crust.

**Manganese** (mang-guh-nees,-neez) is a metal found in nature that is needed in *small* amounts to stay healthy.

### Where Did They Come From?

Before 1996, lead was used in gas for cars.

Lead then went into the air and today small amounts of lead are

still found in soil. Many homes built before 1978, have paint with lead that can be swallowed by children.

Manganese is used in some gas for cars. This puts manganese into the air and soil, especially around major highways and interstates.



### Where Are These Toxins?

**Lead** can be found:

- Soil
- Dust in Homes/Apartments
- Paint in Homes/Apartments (built before 1978)
- Old toys/furniture
- Water from old pipes

**Manganese** can be found:

- Air
- Water
- Food
- Pesticides
- Mining

## Have These Toxins Been Controlled?

The United States removed lead from gasoline in 1996.

Lead was removed from paint in the United States in 1978.

Manganese is not controlled by the United States, but most oil companies no longer use it.

Lead and manganese use has decreased in the United States. Some countries continue to use these toxins. Children born outside of countries that do not have these toxins controlled have higher rates of being poisoned by these toxins.

## Facts

Manganese can enter the body, through breathing it or eating it (Breathing manganese is harmful).

Lead can enter your body, by breathing or swallowing lead dust, or eating soil or paint chips containing lead.

Children that appear normal may still have high blood lead levels.



## How Can I Protect My Children?

- If renting, check your lease to see if there is a Lead-Based Paint Disclosure (not available for manganese).
- Know if your home/apartment was built before 1978, these homes are more likely to have lead-based paint.
- Ask your doctor about testing your children for lead and manganese poisoning. Testing can be easily done for children.
- Fix paint that is chipping, tell your landlord if you are renting.
- Immediately clean up chips of paint.
- Clean floors, window sills, and other surfaces every week to reduce dust that has lead in it.
- Wash children's hands often, especially before eating, taking naps, and going to bed.
- Do not allow children to put things in their mouths, including furniture and home fixtures.
- Keep play areas clean and wash bottles, pacifiers, and toys regularly.
- Take shoes off before going into your home (to

## WHERE CAN I FIND MORE

**Association of Minority Health Professions Schools, Inc**  
[www.minorityhealth.org](http://www.minorityhealth.org)

**Agency of Toxicology and Disease Registry**  
[www.atsdr.cdc.gov/toxfaq.html](http://www.atsdr.cdc.gov/toxfaq.html)

**Environmental Protection Agency**  
<http://epa.gov/lead/pubs/leadinfo.htm#facts>

**Global Lead Network**  
<http://www.globalleadnet.org/advocacy/initiatives/mmtfactsheet.cfm>