



Marcia Kasprzyk, RN
Public Health Director

Schuyler County Public Health

106 S. Perry Street • Watkins Glen, NY 14891
(607) 535-8140 • Fax: (607) 535-8157
scph@co.schuyler.ny.us

Schuyler County



Public Health
Prevent. Promote. Protect.

Give Your Child the Chance of a LifetimeKeep Your Child Lead-Safe!

A FEW SIMPLE RULES TO FOLLOW:

- *Have your child tested for lead at ages one and two, even if your child seems healthy - and again any time you think your child has been exposed.
- *Wash your child's hands often; before they eat, after toileting, and before going to bed.
- *Wash toys, bottles, pacifiers and stuffed animals often, and always if they have fallen to the floor.
- *Clean up any peeling or chipping paint; don't let children play with paint chips.
- *Clean floors, windowsills, and other surfaces at least weekly. Use a damp cleaning method with an all-purpose cleaner.
- *Feed children foods with calcium (milk, cheese, yogurt), iron (beans, lean meat, peanut butter), and Vitamin C (oranges, tomatoes, green peppers). Healthy foods will keep lead from being absorbed and stored in your child's body.
- *Use mulch to cover the soil next to your home because it could have lead paint chips that have fallen into it over the years. Don't allow children to play there.
- *If your job exposes you to lead, remove work clothes at work, and wash your work clothes separately from the rest of your family's laundry.
- *Do not serve or store food in glazed pottery, pewter, or crystal. Keep older dishes and family heirlooms for decorative purposes only.
- *Let tap water run for at least one minute or until it becomes as cold as possible. Always use cold tap water for drinking and cooking.
- *Remove shoes before entering your home, to avoid tracking-in lead from the soil.
- *Look over your children's toys, and be suspicious of any that are old or were obtained used. Go to www.CPSE.gov to check for recalled toys.

For more information or for help getting a lab slip from your child's doctor call us at 607-535-8140



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LEAD TESTING IS AVAILABLE AT THE FOLLOWING SITES:

**PLEASE BRING YOUR DOCTOR'S ORDER OR
LAB SLIP WITH YOU**

<p>Cayuga Medical Center at Ithaca 101 Dates Drive Ithaca 607 274 4474 No Appointment Necessary Open M – F 7:00 a.m. – 5:30 p.m. Sat – 7:00 a.m. – 2:00 p.m.</p>	<p>Finger Lakes Health – Patient Service Center 50 Millard Street Dundee 607 243 9996 No Appointment Necessary Open 7:00 a.m. – 12:30 p.m. and 1:30 p.m. – 4:00 p.m.</p>
<p>Cayuga Professional Center 1301 Trumansburg Road, Suite C Ithaca 607 277 8464 No Appointment Necessary Open M – F 8:00 a.m. – 4:00 p.m.</p>	<p>Guthrie Medical Center 1 First Street Watkins Glen 607 535 2403 Appointment Necessary Open M – F 8:00 a.m. – 3:00 p.m.</p>
<p>Arnot Medical Center Colonial Drive (next to Elcor) Horseheads 607 795 5010 No Appointment Necessary Open M – F 7:00 a.m. – 12:00 and 1:00 p.m. – 5:30 p.m.</p>	<p>Schuyler Hospital 220 Steuben Street Montour Falls 607 535 7121 x 2207 No Appointment Necessary Open M – F 7:30 a.m. – 7:30 p.m. Sat – 8:00 a.m. – 11:00 a.m.</p>
<p>Arnot Medical Center 104 South Porter Street Watkins Glen 607 535 7873 No Appointment Necessary Open M – F 7:30 a.m. – 12 and 1:00 p.m. – 4:00 p.m.</p>	<p>Primary Care 2138 West Seneca Ovid 607 869-2541 No Appointment Necessary Open M – 8:00 a.m. – 11:00 a.m.</p>
<p>Arnot Medical Center 8 Denison Parkway Corning 607 937 7860 No Appointment Necessary Open M – Th 8:00 a.m. – 12:30 p.m. and 1:30 p.m. – 5:00 p.m. F – 8:00 a.m. – 11:30 a.m.</p>	<p style="text-align: center;">Lead Poisoning is a danger to every baby and child. Lead testing is recommended for all children ages 1 and 2. Ask your child's doctor for a lab slip if you don't already have one.</p>