



## Is your child in danger from lead poisoning?

### Lead exposure in children can cause:

- Nervous system and brain damage
- Bad behavior
- Trouble with focus, memory and learning
- Slow growth
- Speech and hearing problems
- Higher chance of ending up in jail

### Adults who were lead poisoned can have:

- Early death
- Heart and kidney disease and stroke
- High blood pressure
- Infertility and miscarriage
- Anemia

### How do kids get exposed to lead?

- Houses built before 1978
- Old furniture
- Playing with toys made outside the US
- Playing in dirt with lead
- Lead water pipes
- Some spices and cosmetics made outside the U.S.

### Some Signs of Lead Exposure:

- Temper tantrums or constant crying
- Less hungry and weight loss
- Tiredness
- Stomach pain or vomiting
- Constipation
- Seizures

### What to Do:

- Have your doctor check your child's blood for lead – the younger the better.
- If you are pregnant, ask your doctor for a lead test
- Have a professional inspector check your home for lead, and make it safe
- Wash child's hands before eating and wash anything that goes into a child's mouth
- Throw out painted toys unless you know they are lead safe
- Run tap water for a minute before drinking or cooking
- Do not eat canned goods from other countries unless you know they are lead safe

### How to Clean to Avoid Lead Exposure:

- Wash your floors, windows, and doors with a **WET** mop or rag
- Wash toys, stuffed animals, pacifiers, and bottles often with soap and water
- Wash hands of children often

### What NOT to Do:

- Do **NOT** sweep or vacuum, it can send lead dust in the air.
- Do **NOT** sand or scrape old paint yourself.
- Do not bring lead home from your job

**LEAD POISONING CANNOT BE REVERSED. GET YOUR CHILD TESTED AS SOON AS POSSIBLE!**

**For more information contact:**

Lead Information Line 2-1-1