

# LEAD SAFETY

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## How does lead enter the body?

- INGESTION (eating or swallowing lead dust or flakes through hand-to-mouth behaviors)
- INHALATION (breathing in dust).



## Where is lead found?



Paint in houses or buildings built before 1978



Water from lead pipes or lead plumbing



Some toys or jewelry



Some imported cosmetics, candy, and home remedies



Soil found in certain areas



Jobs and hobbies using lead materials

## Does lead in your body cause symptoms?

Lead poisoning usually occurs with NO symptoms or obvious signs!

Some children may show:

- Tiredness or loss of energy
- Hyperactivity
- Irritability or crankiness
- Difficulty with attention or focus
- Loss of appetite

## What are the effects of lead exposure?

Lead is a poison that affects every system of the body!

Moderate levels of exposure can cause behavior and learning problems, impaired speech, slow growth, hyperactivity, hearing damage, kidney damage, and liver damage.

High levels of exposure can cause serious health problems including seizures and coma.

# WHAT IF MY CHILD HAS A HIGH LEAD LEVEL?

*Lead levels can be lowered through simple measures and careful monitoring.*



## Make a plan with your healthcare provider

- Ask questions
- Follow through with repeat testing
- Schedule a developmental assessment



## Locate the lead source

- Have your home inspected by a licensed lead inspector. The health department can provide this service at no charge to you!



## Remove the lead source

- Clean around windows, play areas, and floors with a wet cloth.
- Wash hands and toys often with soap and water especially before eating
- Cover chipping or peeling paint



## Provide your child a healthy diet

- Foods high in calcium, iron, and vitamin C help the body eliminate lead
- These vitamins and minerals are found in milk products, fruits, vegetables, cereals, peanut butter, beans, and red meats.



## Get Support!

- The lead expert at the health department will help you manage your child's high lead levels
- The health department has resources available to help you through each step of the process.