



5

Things You Can Do To Prevent Childhood Lead Poisoning

Learn the facts.

Lead poisoning is very dangerous, especially for children under the age of 6 years old.

- Lead Based Paint was used in homes built before 1978.
- Lead can cause serious learning and behavior problems in children.
- Some of the effects of lead poisoning may never go away.
- Even a small amount of lead exposure is harmful.

Keep Children away from lead paint and lead dust.

When old paint cracks and peels, it makes lead dust. Lead dust is so small you can't see it. Children can get lead poisoning from inhaling or ingesting dust on their hands and toys. The more items in your house, the more places for lead dust to hide.

- Use wet paper towels to clean up any surface which may have dust on it.
- Clean around windows, doors, play areas and floors often.
- Always wash your child's hands before eating and sleeping.

Give your child healthy foods.

Feed your child healthy foods with calcium, iron and vitamin C. These foods may help keep lead out of the body.

- Lead Based Paint tastes sweet, making children want to eat it.
- It is important to find and fix lead in your home as soon as possible.
- DIY Home repairs disturbing lead paint can make uncontained dangerous lead dust.

Get your child tested for lead.

A blood test is the only way to know if your child has lead poisoning. Talk to your child's Primary Care doctor about getting them tested. Most children with lead poisoning do not look or act sick.

- According to the CDC, children should be tested at age 1 and 2.
- If your child has a high blood level:
 - Don't be afraid to ask questions.
 - Have an assessment of your home completed.
 - Work with Early Intervention or IU-13 to have you child tested for learning and developmental delays.
- Lead poisoning is 100% preventable.