

LEAD POISONING AND CHILDREN

When lead is absorbed into the body, it can poison and cause serious damage to vital organs. Lead poisoning is especially harmful to children under the age of six.

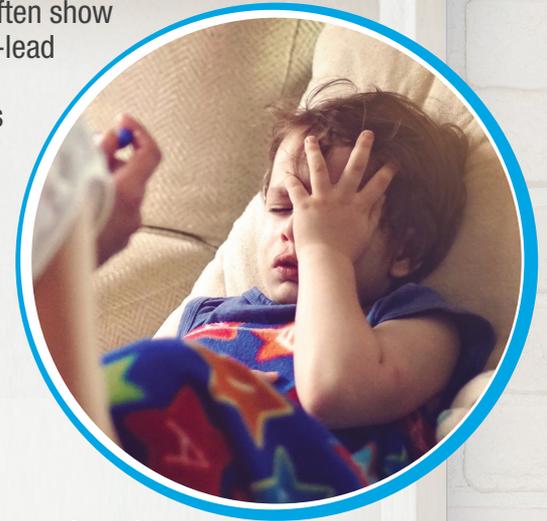
Lead is a **toxic metal** used in a variety of products and materials **found in your home**, including:

- Paint and/or dust in homes built before 1978
- Soil that contains traces of lead
- Water that runs through lead pipes
- Some jewelry
- Some makeup products
- Some toy products
- Foreign-made containers and cans
- Foods and beverages stored in unglazed and/or unfired pottery



Lead poisoning doesn't often show **symptoms** unless blood-lead levels become extremely high. However, symptoms include:

- Headaches
- Irritability
- Stomach aches
- Vomiting
- Constipation
- Muscle weakness
- Sleeplessness
- Loss of energy
- Poor appetite
- Hair loss
- Anemia
- Confusion
- Seizures or convulsions



The best way to **protect your child** is by taking preventive measures, including:

- Have your home tested for lead paint, especially if it was built before 1978.
- Clean windowsills and floors regularly with a damp paper towel and throw the towel away.
 - Make sure your child does not have access to peeling paint or chewable surfaces painted with lead-based paint.
- Let water run for a few minutes before using or consuming it.
- Use lead-free dishes when eating food and store leftover food in glass, plastic or stainless steel containers.
- Wash your child's hands, face and toys regularly.
- Remove your shoes before entering the house.



Symptoms of lead poisoning are similar to those of influenza or viruses.

The only way to know if your child is poisoned is to **have a doctor perform a blood test.**

If the level of lead in their blood is extremely high, the doctor will prescribe medicine. If the level is above acceptable range, the doctor will provide treatment information and test their blood every few months until it is within a normal range.



**HAVE YOUR CHILD'S BLOOD TESTED
FOR LEAD BY AGE ONE AND AGAIN AT AGE TWO.**