

Many parents have questions about lead poisoning.....

What is lead poisoning?

Lead poisoning is a condition that is most harmful to children under the age of 6 years. It occurs when too much lead gets into the body.

How does lead affect health?

It may be hard for a child with lead poisoning to behave and learn as other children the same age. The child may seem to be well. Yet there may be enough lead in the body to cause problems. Often, lead poisoning occurs slowly. You may not know you child is in danger.

How does lead get into the child's body?

As part of normal play and putting hands into their mouths, a child can:

- Swallow lead from dirt and dust
- Eat or chew on things that contain lead or are covered in lead dust



Lead stays in the child's body.

How do I know if my child has lead poisoning?

A simple blood test for lead is done. All children under six-years old should be tested once a year. **Have your child tested for lead as soon as you can.**

If the child's lead test is high:

- You will be contacted by your doctor's office or call your doctor's office for results

Where is lead found?

- Dust and chips from lead paint
- Old furniture (cribs, play pens, chairs)
- Toys made of lead or painted with lead paint
- Dirt near roads and buildings
- Colored print from old magazines and comic books
- Food or drinks stored in glazed dishes



How can I prevent lead poisoning?

- Keep child away from things that may have lead
- Wash child's hands after play and before eating
- Feed balanced meals and snacks
- ****Give foods that are high in iron:**
 - Lean meat
 - Iron fortified cereal
 - Dry beans and peas
- ****Give foods that are high in calcium:**
 - Milk
 - Cheese
 - Dark greens
- Wet mop or sponge window sills and hard surface floors. Use 1 tablespoon automatic dishwasher detergent to each gallon of water
- Use only furniture and toys that are free of lead paint
- Tell your family, babysitter and friends about lead poisoning
- ****If your child has low iron or calcium levels the body can mistake lead for a mineral that it needs, therefore absorbing the lead**

