

How can I protect my child from lead poisoning?



- Have your child's blood tested for lead at age 1 and 2.
- Wash your child's hands and face often, and always before they eat.
- Wash your child's toys, pacifiers and anything that goes in the child's mouth.
- Clean floor, walls, and window sills twice a week (or as often as you can) with soap and water.
- Feed children foods that are high in calcium, iron and vitamin C, and low in fat.
- If you work with lead, shower and change your clothes (including your shoes) before you go home.
- If you work with lead, wash work clothes separately from other household laundry.



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Lead Poisoning: Are Your Children at Risk?



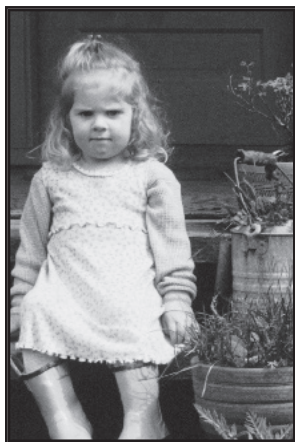
Put The Lid On Lead

Cabinet for Health and Family Services

Kentucky
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What is lead and how is it harmful?

Lead is a heavy metal. It is found in many places and becomes harmful when a person swallows it or breathes it in. Pregnant women and children younger than 6 years old are most at risk for getting lead poisoning. Lead



can hurt a child's developing brain and other organs and can cause harm to a pregnant woman's unborn baby.

Lead is found in many places, but the most common places are:

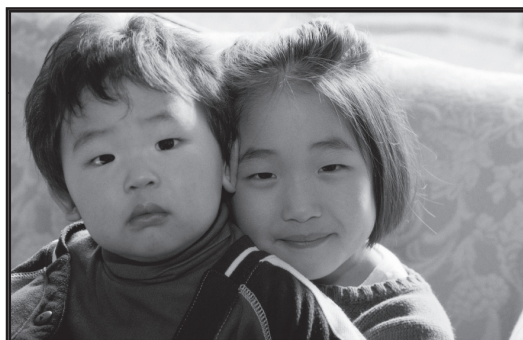
- Paint made before 1978.
- In homes built before 1978 where the paint is chipping and peeling creating lead dust. This dust may especially be found around the windows. Lead can also be found in the soil outside of the home.
- Some vinyl mini-blinds made before 1996.
- Batteries, bullets and fishing sinkers.
- Home remedies such as azarcon and greta that may be used to treat upset stomachs.
- In the workplace (mechanics, construction workers).

How do I know if my child has lead poisoning?

You cannot tell by looking that a child has lead poisoning. The only way to be sure is to have your child's blood tested. A blood test takes about 10 minutes. To get your child's blood tested contact your doctor or local health department.

What would happen if my child had lead poisoning?

Lead is poisonous because it interferes with some of the body's basic functions. The human body cannot determine the difference between lead and calcium, a mineral that strengthens bones. Like calcium, lead remains in the bloodstream for a few weeks. Then it is absorbed into the bones, where it can collect for a lifetime.



Lead Poisoning can cause children to have learning disabilities, attention deficit disorder and decreased intelligence.



Lead can affect anyone, but children age 6 years and younger are most at risk. This is because young children's bodies develop quickly and because children often put things in their mouths that don't belong there.

Most children who are poisoned by lead are exposed to low levels of lead during a long period of time. In low levels, lead can cause:

- Nervous system and kidney damage.
- Learning disabilities, attention deficit disorder and decreased intelligence.
- Speech, language and behavior problems.
- Poor muscle coordination.
- Decreased muscle and bone growth.
- Hearing damage.

While low-level lead exposure is most common, exposure to high levels of lead can cause seizures, coma and even death.