

# Protect Your Child From Lead!



## How Lead Affects Children...

Low levels of lead may cause:

- Behavioral problems, such as easily excited, easily upset, and problems concentrating.
- Permanent brain damage, slow growth, problems with hearing, lower IQ scores, and problems learning.

Very high levels of lead may cause:

- Coma, convulsions or death

Even small amounts of lead can cause severe and lifelong harm to children.

## Possible Symptoms of Lead Poisoning:

- Stomachache and cramps
- Irritability
- Fatigue
- Frequent vomiting
- Constipation
- Headache
- Problems sleeping
- Poor appetite
- Hyperactivity

These may also be due to other health conditions. Talk to your health care provider about these symptoms.

## Protecting Your Child From Lead Poisoning:

- Keep your child from eating paint chips, dust, and dirt.
- Have your child wash his or her hands often with soap and water, especially before eating and sleeping, and after playing outside.
- Wash your child's toys, pacifiers, and bottles often.
- Clean paint chips, dust, and dirt with a wet mop, wet cloth, and/or HEPA vacuum.
- Damp-clean floors, window sills, window wells, and other woodwork weekly.
- Flush your dirty cleaning water down the toilet and never pour down the sink or bathtub, or throw on the lawn.
- Place baby's crib, furniture and children's play areas away from window areas with chipping/peeling paint.
- Feed your child foods that are high in iron, calcium, and vitamins A and C. Some foods that have these are milk, green leafy vegetables, citrus fruits, whole wheat bread, cereal, and red meat.
- Store foods in closed containers made of plastic or glass.
- Run your tap water for one minute before using. Use only cold water for cooking food and mixing baby formula.
- Only allow children to play in grassy areas where there is no bare soil.
- If you work around lead, do not bring lead dust into your home.
- Fix chipping/peeling paint or contact your landlord. Do not dry scrape or sand and do not heat or burn paint.
- During home repairs keep children, pregnant women, and pets out of home.

