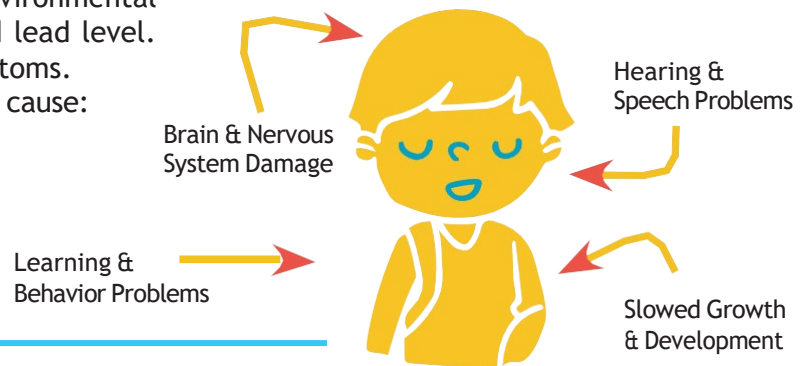


Prevent Childhood Lead Poisoning

Lead poisoning is a serious problem for children - the younger the child, the greater the risk.

Childhood lead poisoning is the most preventable environmental disease among young children. There is no safe blood lead level. Often, children who have lead poisoning have no symptoms. The effects of lead poisoning are not reversible. It can cause:

- Damage to the brain/nervous system
- Slowed growth and development
- Learning and behavior problems
- Hearing and speech problems

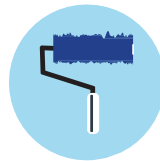


Common Sources of Lead Exposure

Lead can be found in a variety of sources.

These include:

- Lead-based paint in homes/buildings built before 1978
- Lead dust from surfaces covered with leaded paint
- Drinking water from lead pipes
- Soil, yards and playgrounds
- Products (i.e. toys, candy, furniture, toy jewelry, cosmetics, etc.)
- Children putting objects in mouth
- Jobs and hobbies
- Folk remedies
- Imported spices
- Refurbished art/decorative pieces (i.e. barn Doors)



Follow these quick and easy steps to stay lead safe:

- Wet-wipe and wet-mop windowsills and home entrances
- Wash children's hands and toys regularly with soap and water
- Do not let children play in bare soil
- Run water for 60 seconds before use, and cook with cold water only
- Cook nutrient dense meals, high in calcium, iron and vitamin C

Get Your Child Tested

A simple blood test is the only way to find out if a child has lead poisoning. Testing is especially important because many children who have been exposed to lead may not show any symptoms or effects of lead poisoning until later in life.

Who is required to be tested in Indiana?

- ALL children at age 1
- ALL children at age 2
- Any children between ages 3 and 6, without a previous test.

Talk with your healthcare provider about getting a blood lead test for your child.

- If you do not have a health care provider, contact your local county health department to discuss available testing services.

Need help locating your local health department?

Visit www.in.gov/health/leadsafe or scan the QR code.



**Indiana Department of Health
Lead & Healthy Homes Division**

indianaleadfree.org

317-233-1296