

Is Your Child Lead Safe?

The Effect on Your Child's Health



Brain

- Linked to lower IQ, ADHD, hearing loss, damaged nerves



Hormones

- Disrupts Vitamin D levels, impairing cell growth, maturation, and tooth and bone development



Stomach

- Abdominal pain and cramping



Heart

- Higher risk of high blood pressure in 50 years



Blood

- Fatigue, lightheadedness, rapid heartbeat, dizziness, and shortness of breath



Kidneys

- Kidney failure, bloody urine, fever, nausea, vomiting, drowsiness, coma, weight gain, confusion, rash, and urinary changes



Bones

- Impairs development and health of bones and leads to slower growth



Other

- Very high levels can lead to seizures, coma, and even death

*About 310,000
U.S. children
ages 1 to 5 have
elevated blood
lead levels*

What You Can Do



Frequently wash your child's hands, toys, pacifiers, etc.



Use only cold water for cooking and drinking and let water run for at least 3 minutes before using



Have your child screened if there is concern of lead exposure



If your home was built before 1978, test for paint dust in the house



Keep shoes outside



Increase foods that help lower your child's lead levels: tomatoes, strawberries, oranges, eggs, peas, etc.