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 heath of bones and leads to slower growth

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

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.

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