

## What can I do to protect my child from lead?

- Keep children away from paint chips and lead dust.
- Keep children out of the house any time paint is being sanded or scraped, or when painted surfaces are being worked on.
- Wet mop floors and wet wipe window sills to remove lead dust.
- Wash your child's hands often, especially before eating and napping.
- Wash toys often, especially teething toys.
- Use cold water for cooking and mixing formula.

## What can I do to protect my child from lead?

- Feed your family foods high in iron and calcium such as peas, beans and dairy products.
- Don't bring lead home from work (people who work in construction, plumbing or painting): wash work clothes separately and take your shoes off at the door.
- Be careful with hobbies that might use lead (fishing lures, stained glass or bullets).
- Use only lead-free dishes.
- Call to see if your rental unit can have a FREE home inspection!

# Lead Can Poison People



It is especially bad for young children and pregnant women.



Turn over for even more tips!



**ongovhealth**  
Onondaga County  
Health Department

**Lead Poisoning  
Control Program**

**LeadFreeKids@ongov.net**  
**315.435.3271**

2-17 Adapted from New York State Department of Health  
Childhood Lead Poisoning Prevention Program Materials

Onondaga County Health Department  
Lead Poisoning Control Program  
**(315) 435-3271**  
**LeadFreeKids@ongov.net**

## If lead gets into a child's body, it could cause...

- Learning problems
- Behavior problems
- Growth problems
- Hearing loss
- Kidney damage
- Anemia

***A pregnant woman and her unborn baby can be hurt by lead.***

## What causes lead poisoning in children?

The most common cause is lead paint and lead dust. Lead dust cannot be seen and can get on your child's hands and then into his or her mouth.

Dirt, toys, jewelry, dishes/pottery, fishing sinkers, water pipes and some folk medicines may also have lead in them.

## What are the signs of lead poisoning?

It might include stomach aches, crankiness or tiredness. But usually there are NO signs.

***A blood test for lead is the only way to tell.***

## Who should be tested?

- Every child should be tested at age one AND again at age two.
- If your child's lead level is high, more tests may be needed.
- If you are pregnant, talk to your doctor to see if you should be tested.

***Call your doctor or the Health Department at 315.435.3271 for more information about lead testing.***

## What if the test shows a problem?

- Your doctor and the Health Department can help you.
- It is important to find the source of the problem so that it can be fixed.
- A change in diet and more hand washing will help.
- If the lead level is very high, a child might need medicine to help his or her body get rid of the lead.
- Your child will need another blood lead test to make sure the amount of lead in his or her blood has not gone up.

***Even after the blood lead level goes down, your child will need more blood lead tests to make sure he or she stays healthy.***

