

**How Can You Prevent Lead Poisoning—continued**

- Limit fatty foods such as chips and other fried foods.
- Call your local lead poisoning prevention program ... and tell your friends, family and neighbors about lead poisoning.



**How do I know if my child has been exposed to lead?**

For information on childhood lead poisoning and lead in your home,

**Call  
Pennsylvania's  
Lead Information Line  
at  
1-800-440-LEAD**

[www.HelpinPA.state.pa.us](http://www.HelpinPA.state.pa.us)



For more information, look for your local health department in the blue pages of your telephone book, or call the Healthy Kids Line at

**1-800-986-KIDS**

to find out how to get regular checkups for your child.

Pennsylvania Department of Health  
Childhood Lead Poisoning  
Prevention Program  
Division of Child & Adult Health Services  
Health & Welfare Building  
7th Floor, East Wing,  
625 Forster Street,  
Harrisburg, PA 17120



H512.720 10/08

**Keeping your child  
and your  
home safe from  
Lead Poisoning!**



**A message from the  
Childhood Lead Poisoning  
Prevention Program,  
Pennsylvania Department of Health**



## Lead poisoning & your child

Lead is a common metal found in many places around the home. If there is lead in your home, it could harm your child.

Even small amounts of lead can be very dangerous, especially to small children. Children put their hands and lots of other things in their mouths. This simple action puts most children between the ages of six months and six years at risk.

### Lead poisoning can cause:

- Difficulty in learning.
- Delay in development.
- Speech & hearing problems.
- Muscle weakness.

### Lead gets into the body through:

- Breathing in dust from lead paint on window sills, walls and floors.
- Eating, playing or planting a garden in soil that contains lead.
- Putting hands, toys or any object in mouth if playing in any area that has chipped or peeling lead paint.
- Eating food that is stored in pottery with lead glaze.



- Swallowing drinking water that contains lead.
- Breathing in lead dust while making stained glass, fishing sinkers, loading ammunition or doing home repairs.

### How can I tell if my child has lead poisoning?

Most children do not show symptoms at all – that's why you should get your child's blood tested by your doctor or local clinic. Often you can get this test done for free if you can't afford it.

### Children with severe lead poisoning may show these symptoms:

- Loss of appetite.
- Upset stomach.
- Less activity than normal.
- Flu-like symptoms.

## How can you prevent lead poisoning?

- Keep your child away from any peeling paint that may contain lead.
- Don't let your child put his/her mouth on window sills, porch rails or painted surfaces.
- Wash your child's hands before eating, after play and at bedtime to remove any dust and dirt.
- Wash your child's toys often.
- Clean floors, window sills and walls with a wet cloth or mop.
- Remove your work clothes before you come in contact with your child if you work around lead or handle lead as a hobby.
- Eat foods that are high in iron, calcium and vitamin C (meats, dairy products and fruit).

