

What can I do to protect my child from lead?

- Remove children from areas that have peeling, flaking, chipping, or damaged paint.
- Keep children and pregnant women out of the house when sanding or scraping painted surfaces.
- Wet mop floors and wet wipe window sills to remove lead dust.
- Wash your child's hands often, especially before eating and napping.
- Frequently, wash teething toys.
- Use cold water for cooking and mixing formula.
- 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, stained glass, pottery or bullets).
- Use only lead-free dishes.
- Keep an older home in good repair.

Where can I find out more?

- Contact your doctor
- Call your local health department.
- On the web:
 - www.health.salemcountynj.gov
 - www.state.nj.us/health/childhoodlead
 - www.cdc.gov/nceh/lead
 - www.epa.gov/lead
 - www.fda.gov



Get the **LEAD OUT**

Salem County Department of Health and Human Services
Childhood Lead Exposure Prevention Program
(856) 935-7510 ext. 8474



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

Prevent Lead Exposure



Young children and pregnant women are MOST affected by lead exposure.



How much lead dust does it take to harm a child?

Less than the size of a sugar packet spread around a two-bedroom house.



Lead Exposed Child

Salem County Department of Health and Human Services

How does a child get exposed to lead?

The most common cause is lead paint. If disturbed, lead paint can turn into lead dust that you can't see. Lead dust can be inhaled or ingested.

Lead is invisible to the naked eye and has no smell.

Young children are at greatest risk. They spend a lot of time on the floor and like to put hands, toys, and other things in their mouths. This increases their chances of swallowing lead dust or paint chips. Usually there are NO signs/symptoms of lead exposure.

A blood test for lead is needed to determine lead exposure.

Other sources that may contain lead:

- Dirt
- Toys
- Jewelry
- Dishes/Pottery
- Fishing sinkers
- Water pipes
- Spices
- Some Cosmetics
- Some Cultural Remedies

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

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

Young children's growing bodies absorb more lead. Their brains and nervous systems are more sensitive to the damaging effects of lead.

Lead can also harm babies before they are born.

Who should be tested?

- Every child should be tested at age one AND again at age two.
- If you are pregnant, talk to your doctor to see if you should be tested.

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.

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

