

# PROTECTING KIDS FROM LEAD POISONING

Lead is highly toxic. When ingested, especially by children, it can lead to a range of serious health problems including brain and organ damage.

Symptoms of lead poisoning include...



Headaches



Stomachaches



Nausea



Tiredness

Your home could be a source. Kids can get lead poisoning from...



Putting their hands, or objects contaminated with lead dust, into their mouths



Eating paint chips found in homes with peeling or flaking lead-based paint



Playing in lead-contaminated soil

## How to Know if Your Kids Have Been Exposed

### Get them tested!

Children should be tested at the ages of one and two. If they haven't been tested yet, now is the time, especially if:



THEY LIVE IN OR REGULARLY VISIT A HOUSE BUILT BEFORE 1978, PARTICULARLY WITH ON-GOING OR RECENT RENOVATIONS OR REMODELING

THEY LIVE IN AN OLDER HOME BECAUSE OLDER HOMES HAVE HIGHER LEAD RISK

THEY HAVE A SIBLING OR PLAYMATE WHO HAS OR DID HAVE LEAD POISONING

## EASY TIPS TO STAY LEAD FREE



Wet clean and mop your home regularly.



Avoid using home remedies (such as arizaco, greta, pay-las-ah, or litargiro) and cosmetics (such as kohl or alkohl) that contain lead.



Wash your child's hands and toys often. Keep your home free from dust.



Do not allow children to eat certain candies, such as Tamarindo candy, jam products from Mexico, which may contain high levels of lead in the wrapper or stick. Be cautious when giving imported candies to children.



Use cold tap water for drinking and for cooking.



Make sure all tableware is safe to eat off. Decorative plates are meant as souvenirs and may contain lead that can leach into food.

### Did you know

Lead poisoning can also cause behavior problems and learning disabilities.



[www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes)

