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 map your home regularly.
- Wash your child’s hands and toys often. Keep your home free from dust.
- Use cold tap water for drinking and for cooking.

- Avoid using home remedies (such as arsinox, greta, pay-loo-ah, or litangio) and cosmetics (such as kohl or alilich) that contain lead.
- 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.
- 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