



# Is there **LEAD** in or around your home?

**Lead can be found in many places inside and outside your home.**

**Lead can hurt your child.** Lead can harm a child's brain. Lead poisoning can make it hard for children to learn, pay attention and behave. Most children who have lead poisoning do not look or act sick.

**Ask your child's doctor about testing for lead.** The only way to know if your child has lead poisoning is for your child to get a blood test for lead.

**Most children get tested at 1 and 2 years old.** Some children over 2 also need to get tested.

# You can find lead...



in chipping paint



in natural remedies



on your hair, skin, shoes, and clothes after work



in bullets and fishing sinkers



in toys



in jewelry



in candies from outside the U.S.



in dirt



in traditional makeup



in dishes and pots from outside the U.S.



in house dust



in spices and other foods from outside the U.S.

# Protect Your Family

## Taking Care of Your Child

- Do not let your child chew on painted surfaces or eat paint chips
- Wash your child's hands and toys often
- Feed your child healthy meals and snacks every day and avoid giving your child sweets

## Inside and Outside Your Home

- Keep your home clean and dust-free
- Never sand, dry scrape, power wash or sandblast paint unless it has been tested and does not have lead in it
- Cover bare dirt outside where your child plays
- Take off shoes or wipe them on a doormat before going inside
- Change out of work clothes and shoes, and wash up or shower before getting in a car or going home if you work with lead

## Things you Buy and Use

- Do not use dishes or pots made outside the U.S. unless they have been tested and do not have lead in them
- Do not use natural remedies or traditional makeup
- Do not serve imported foods or spices like chapulines or turmeric
- Do not let your child play with fishing sinkers or bullets

**For more information, call your local Childhood Lead Poisoning Prevention Program:**

