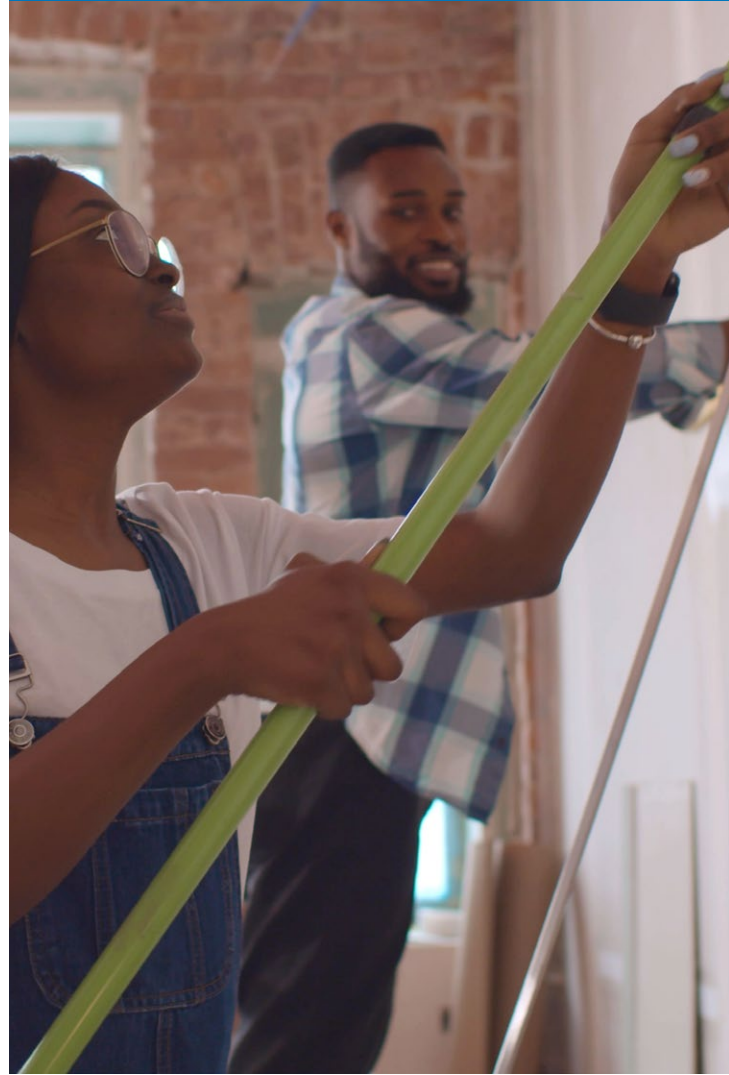


Lead Poisoning Prevention



Wisconsin
Poison Center
Serving people of all ages.

PO Box 1997
Milwaukee, WI 53201-1997

1-800-222-1222
wisconsinpoison.org



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What Is Lead?

Lead is a soft metal found in nature.

Why Is Lead Important?

There is no level of lead that is safe in the body. Children are at higher risk to become poisoned by lead. Lead in the body can cause health problems in children including:

- Slowed growth and development
- Damage to the brain and nervous system
- Learning and behavior problems
- Hearing and speech problems

Where Is Lead Found?

There are many sources of lead in the environment. The main source of lead exposure in children is lead-based paint found in homes built before 1978. Less common places where it can be found include:

- Soil
- Water
- Products imported from other countries, such as spices, makeup and candies

What Can I Do To Protect My Child?

1. Have a blood lead test performed at your doctor's office.

- Every child in Wisconsin should get at least two lead tests by age 2.
- A finger poke blood lead test can be done at your child's doctor's office. Depending on the results, another blood sample from the vein may also be needed.

2. Find the lead in your home.

- If possible, find and fix lead in your home by having your home inspected by a licensed lead inspector. To learn more, visit: bit.ly/leadcontractors.

3. Clean up lead dust. When old paint cracks and peels, it makes lead dust. Lead dust is so small you cannot see it. Children get lead poisoning from swallowing dust on their hands and toys.

- Use paper towels, soap and water to wipe down and clean up areas where paint is chipping.
- Clean around windows, play areas and floors.
- Wash toys often with soap and water.
- Use duct tape to cover chipping or peeling paint.

4. Feed your child well-balanced meals.

- Foods high in calcium, iron and vitamin C may help prevent lead from being absorbed into the body. These foods include dairy products like milk and yogurt (calcium), lean red meat and beans (iron), and citrus fruits like oranges and grapefruits (vitamin C).
- Wash hands before every meal and at bedtime.

5. Get support.

- Contact the Wisconsin Poison Center at 1-800-222-1222. Trained staff will help answer your questions and connect you to other resources in your community.

