



Lead Poisoning

5 Things you can do

to help lower your child's lead level.

- 1 Make a plan with your doctor.**

Ask questions if you don't understand something. **Mci 'a UmbYYX'hc.**

 - Go back for a second lead test.
 - Test your child for learning and development problems (“developmental assessment”).
- 2 Find the lead in your home.**

The main source of lead in your house is paint. Most children get lead poisoning from lead paint in homes built before 1978. It is important to find and fix lead in your home as soon as possible. Have your home inspected by a licensed lead inspector. Water pipes made of lead may also contribute to lead levels.
- 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 wet paper towels to clean up lead dust.
 - Clean around windows, play areas, and floors.
 - Wash hands & toys often with soap & water. Always wash hands before eating & sleeping.
 - Use contact paper or duct tape to cover chipping or peeling paint.
 - Repairs like sanding or scraping paint can make dangerous lead dust.
- 4 Give your child healthy foods.**

Foods high in calcium, iron and vitamin C may help keep lead out of the body.

 - Calcium is in milk, yogurt, cheese, and green leafy vegetables like spinach.
 - Iron is in lean red meats, beans, peanut butter, and cereals.
 - Vitamin C is in oranges, green and red peppers, and juice.
- 5 Learn more. Get support.**

Contact **Wisconsin Poison Center** at **800-222-1222**. Trained staff will answer your questions and connect you to other resources in your community. Dealing with lead poisoning can be stressful. Be sure to ask for support. You may want to talk to other parents who have children with lead poisoning.

Wisconsin
Poison Center

Serving people of all ages.

