










LEAD AN EQUAL OPPORTUNITY POISON

What Every Parent Should Know About Lead Poisoning in Children



- ❗ Lead poisoning poses an invisible danger to your child.
- ❗ One in 11 children in America have high levels of lead in their blood. According to recent Centers for Disease Control and Prevention (CDC) estimates, 890,000 U.S. children ages 1-5 have elevated blood levels.
- ❗ Most children with elevated blood levels do not look or feel sick.
- ❗ The longer children have lead in their blood, and the higher the level, the more serious their problems may be. Long-term effects of lead in a child can be severe. They include learning disabilities, decreased growth, hyperactivity, impaired hearing and even brain damage. At very high levels, lead can cause seizures, coma and even death.
- ❗ Lead can be found in paint, dust, soil and water.

Get Ahead of Lead!

-  The most common source of lead in homes is lead-based paint. Keep your children away from peeling paint and dust from broken plaster.
-  Use lead-free dishes. Some older dishes may have lead in their glazes.
-  Use cold tap water—not hot—for infant formula or cooking. Many older homes still have lead water pipes.
-  Store food from open cans in glass or plastic containers. (Some cans are made with lead solder.)
-  Wash your baby's pacifier, teething rings and toys often. This will help remove any lead dust.
-  Wash your toddler's hands before meals. Little hands like to explore!
-  Damp mop floors and damp wipe surfaces twice a week to reduce lead dust.
-  Feed your child the right food to GET AHEAD OF LEAD. A diet high in iron and calcium is best!
-  Have your child tested for lead levels! All children six months to six years should be screened regularly. A simple blood test is all that is required.



393 Delaware Avenue, Delmar, New York 12054
Phone: 518-439-8311 * E-mail: nysarc@nysarc.org * Web site: www.nysarc.org