

What is Lead Poisoning?

Lead is a dangerous metal that can harm your child's health. Lead poisoning happens when lead gets into their body through swallowing or breathing in lead dust.

Did you know lead poisoning can:

- ❖ Hurt the brain and nervous system
- ❖ Make it hard to learn, pay attention and focus
- ❖ Slow down growth and development
- ❖ Cause speech and learning problems



Children can be exposed to lead through:

- ❖ **Paint peels and paint dust.** Homes built before 1978 most likely contain lead based paint.
- ❖ **Toys.** Toys can collect lead dust at home. Also, remove recalled or antique toys and toy jewelry that may contain lead.
- ❖ **Candy.** Some candies from outside the United States (U.S.) may have lead. The spices in the candies could contain lead or the wrapper.
- ❖ **Pottery.** Avoid using dishes, pots, or water crocks made outside of the U.S. Confirm they are lead-free.
- ❖ **Home remedies.** Some traditional remedies may contain lead. Talk with your doctor before using them.

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Health and wellness or prevention information



Lead Screening in Children:

Important facts
you need to know

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Most children who have lead poisoning do not look or act sick.

Tips to protect your children from lead:

- ❖ Make sure your child does not have access to peeling paint.
- ❖ Children and pregnant women should not stay in homes built before 1978 during renovations.
- ❖ Clean floors with a wet mop and window sills with a wet cloth to prevent paint dust from going into the air.
- ❖ Regularly wash your child's hands and toys.
- ❖ Take off shoes when entering the house to prevent bringing lead contaminated soil from outside.
- ❖ Prevent your child from playing in soil.

Lead Poisoning can be prevented:

- ❖ The key is to keep your child from coming in contact with lead.
- ❖ Know how your child can be exposed to lead.
- ❖ Learn how to protect your child from lead.
- ❖ Check for lead poisoning with a simple blood lead test.
- ❖ Ask your child's doctor for a blood test.
- ❖ This is essential to protect your child's health.



Check for lead poisoning with a simple blood lead test:

- ❖ A blood lead test is the only way to know if your child has lead poisoning.
- ❖ A small amount of blood is taken from the finger or arm to test for lead.
- ❖ The test finds out how much lead is in the body.
- ❖ If you think your child was exposed to lead, contact your child's doctor.

You may also contact the Los Angeles County Department of Public Health, Childhood Lead Poisoning Program hotline at **(800) LA-4-LEAD**.

