



Testing and Follow-up
 A blood test is the only way to test for lead. Children under age 6 are the most at danger for lead poisoning. Talk to your doctor about getting a lead test today.

Keep Your Children Safe

Here are ways to lower your child's risk of lead poisoning:

- Always wash your child's hands before eating, sleeping, and after playing.
- Keep hands, toys, and pacifiers clean and free of dirt and dust.
- Keep your home clean and free of excess dust and chipping or aging paint.
- Wipe down floors, window sills, and places where children are.
- Always use a HEPA vacuum. HEPA vacuums trap lead particles and prevent them from being released into the air.

Give your child healthy foods to help protect their body from lead and make them stronger

- Eat foods high in Calcium, Iron, and Vitamin C to help keep lead out.



LEARN MORE

Visit
www.nvclppp.org

Call
 In Southern Nevada
702-895-1040
 In Northern Nevada
775-884-0392



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Childhood Lead Exposure

Protect Our Future



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What Is Lead?

Lead is a heavy metal. It has been used in every day products because it's durable. While it has many uses, it is toxic to us.

Who is most at risk?

Children 5 and younger are the most at-risk. Their bodies and brains are more sensitive because they are still growing. The good news is that lead poisoning can be prevented.

How does lead enter the body?

Children love to explore the world around them and like putting things in their mouth. This puts them at risk for ingesting lead. Lead can also pass from a mother to her baby during pregnancy. *No amount of lead is safe in the body.*

What are the effects of lead?

Lead dust as small as a grain of sand can be enough to poison a child. This can cause:



Brain and nervous system damage



Learning and behavior problems



Slowed growth and development



Hearing and speech problems

This can

Lower a child's IQ

Make it hard to learn and pay attention

Lead to underperformance at school



Lead: A Silent Danger

Many kids with lead poisoning do not look or act sick. Signs may not show up until the poisoning is severe. It can go unnoticed until a child needs medical help.

Where Can Lead Be Found?

1. Homes Built Before 1978

Many homes built before 1978 contain lead-based paint. Lead paint is dangerous when it

- Gets old and begins to chip, flake or wear
- Creates a lead-dust hazard
- Contaminates exposed soil

2. Work or Hobbies

Lead can also be brought home by family members who work with lead or have hobbies where lead is used

- painter, ironworker, construction worker, cable splicer, automobile radiator repair mechanic, firearms instructor, metal shop worker, stained glass artist, battery maker, or mining

3. Everyday Products

Many products, especially items that are imported from other countries, may contain lead. Some examples are:



Mini Blinds



Keys



Traditional Ceramics



Traditional Makeup

Kohl, Surma



Jewelry

Especially Children's Jewelry



Folk Remedies

Azarcon, Sindoor, and Greta



The Only Way to Know Is To Get Tested

Testing is fast, easy, and important

A blood lead test is the only way to know if your child has lead poisoning.

The Centers for Disease Control and Prevention recommends children get tested at

- **12 months and 24 months**
- **or at least once before age 6.**

Testing is free for Medicaid and Nevada Check Up beneficiaries and is covered by most insurance.

Ask your child's doctor to for a lead test at your next visit.

Visit nvcplppp.org
for more information!