

## Who can get lead poisoning?

Anyone. Children between six months and six years of age are at the highest risk.

## Where is lead found?

- In the paint of older homes (inside and outside). Lead is in **paint chips** and **dust**.
- In dirt, old water pipes, cigarette butts, old painted toys and pottery.

## Why are children at highest risk?

Small children put everything in their mouths. They play on the ground and floor where lead paint chips and dust may have fallen. When children chew on things with lead or lead dust, they may become lead poisoned. Children also:

- Put fingers and toys into their mouths
- Mouth and chew on painted windowsills and railing
- Eat dirt
- Eat paint chips

## How can I tell if my children have lead poisoning?

- Have a blood test done by a clinic or doctor.
- Have your child tested at ages 1 and 2 years old if they are at risk of lead poisoning. Older children should be tested if you suspect they were exposed to lead paint or other hazards.

## What are the signs of lead poisoning that I should look for in my children?

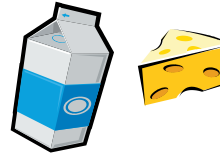
- Often, there are no signs. Your children can have lead poisoning and not look or act sick.
- Some children may get sick to their stomachs and feel tired or crabby. To be certain they don't have lead poisoning, have them tested.

## Can some healthy foods help keep lead from hurting my children?

Yes! Foods high in calcium and iron help get lead out of children's bodies. Feed children these foods often:

### FOODS HIGH IN CALCIUM

- milk
- cheese
- yogurt



### FOODS HIGH IN IRON:

- lean beef
- chicken/turkey
- green leafy vegetables



### FOODS HIGH IN FAT:

Foods high in fat hold lead in children's bodies. Do not feed children these foods often:

- potato chips/snack foods
- deep-fried foods
- bakery (donuts, cakes, cookies)
- foods with added fat



## Will the damage caused by lead poisoning go away?

The damage may not go away. That is why you must prevent it or stop it from getting worse. Eliminate lead hazards in your home and test children at risk of lead poisoning.

## How can I protect my children from lead poisoning?

- Cover chipped and peeling surfaces. Even temporary covers using duct tape and cardboard can help.
- Clean floors, windowsills, and inside window wells frequently using:
  - » Disposable rags or mops and throw away after cleaning
  - » Soapy water and rinse well with clean water
  - » A HEPA vacuum. Call Project Home for a low cost rental at (608) 246-3737.
- Feed your children a diet high in calcium and iron, and low in fat.
- Wash your children's hands often, and always before eating.
- Wash your children's toys often.
- Run your water every morning before you use it.
- Have your children tested once a year for lead poisoning.



All children at risk of lead poisoning should be tested at ages 1 and 2 years old. Call your doctor or Public Health-Madison and Dane County to make an appointment.

Public Health-Madison and Dane County  
210 Martin Luther King, Jr. Blvd., Rm. 507  
Madison, WI 53703  
(608) 266-4821  
[www.publichealthmdc.com](http://www.publichealthmdc.com)

For more information about lead poisoning, call the Public Health-Madison and Dane County: 266-4821.



### Are your children at risk for lead poisoning?

- |   | YES                      | NO                       |
|---|--------------------------|--------------------------|
| 1. Was your home built before 1978?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you have cracking, chipping, or peeling paint on your walls, windowsills, or the outside of your house? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are you remodeling or repairing your home?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do your children put non-food items into their mouths?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do your children have a brother, sister, cousin or playmate with lead poisoning?                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do your children spend several hours a day at an older home other than their own?                          | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered **YES** to one or more of these questions, your children may be at risk for lead poisoning. Get your children tested right away.

# Lead Poisoning

## Protect Your Children

Lead is a poison  
Lead poisoning can cause

- brain damage
- learning disabilities
- behavior problems



*Healthy people and places*

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