

# IS MY CHILD AT RISK?

Lead exposure can occur through:

- **Lead-based paint.** Many homes and buildings built before 1978 contain lead-based paint.
- **Drinking water.** The most common sources of lead in drinking water are lead pipes, faucets, and fixtures.
- Lead-contaminated soil.
- Metal toys or toys painted with lead-based paint.
- Some metal-containing jewelry.
- Lead-glazed pottery or porcelain.
- Adults who bring lead into the home from their jobs or hobbies. Lead may be brought into the home on clothes, shoes, and hair.
- Eating hunted meat shot with lead bullets.

## JOBS

- Painting
- Construction
- Remodeling
- Mining
- Working with electronics
- Auto repair
- Battery/radiator repair

## HOBBIES

- Target shooting
- Fishing
- Stained glass work
- Pottery
- Hunting
- Reloading
- Bullet casting



**CHILDREN CAN BE  
AFFECTED BY LEAD  
AND NOT ACT OR  
LOOK SICK**

## GET TESTED

Many doctors routinely test for lead poisoning in young children, but if, for any reason, you suspect your child may have been exposed to lead, talk to your healthcare provider to have your child tested.

## NUTRITION

Good nutrition and a balanced diet containing foods rich in calcium, vitamin C, iron, zinc, and magnesium may help decrease the absorption of lead.

**Foods high in calcium:** milk, yogurt, cheese, kale, turnips, collard greens, etc.

**Foods high in iron:** lean red meat, iron-fortified cereal, bread, & pasta, raisins or prunes, beans & lentils, etc.

**Foods high in vitamin C:** tomatoes, peppers, potatoes, cauliflower, fruits like oranges, lemons, limes, kiwi, grapefruit, etc.

**Foods high in zinc/magnesium:** legumes, nuts, seeds, oatmeal, dark chocolate, spinach, black beans, avocado, etc.



# UTAH KIDS AND LEAD POISONING



Find out if your children are at risk for lead poisoning

# DID YOU KNOW?

Children can get lead into their bodies when they breathe or swallow dust that contains lead; even small amounts can be harmful to young children exposed to lead, which can slow growth and development. The effects of lead poisoning can remain with a child throughout their life.

## HOW CAN LEAD POISONING AFFECT MY CHILD?

- Reading and learning problems
- Lowered intelligence
- Behavior problems
- Brain damage
- Slowed growth



## LEAD POISONING IS PREVENTABLE!



# SOURCES OF LEAD

## HOUSEHOLD ITEMS

Know where your household items come from.

- Toys
- Makeup
- Ceramic pottery
- Lead crystal
- Pewter items
- Foreign candy

## PLUMBING

Older pipes may contain lead, which can be absorbed and picked up in the water. If this happens, the water you use to drink, cook, or mix baby formula can cause lead poisoning.

## SOIL

Soil around homes and apartment buildings may contain lead. Children may come in contact with lead by playing in the dirt. Lead may get into vegetables if planted in the garden.

## WORK & HOBBIES

Lead can be brought into the home from certain workspaces or hobbies

- Miners
- Home remodelers
- Painters
- Stained glass
- Fishing
- Hunting

## PAINT

Homes built before 1978 may have lead paint. If the paint chips, peels, or chinks, it may be a problem. Windows, doors, steps, and porches are areas where surfaces rub together to make lead dust.

## DUST

Lead dust is the main source of lead poisoning. Lead dust mixes with household dust and then gathers on surfaces, in carpets, and on toys especially during home remodel and repairs.

# PREVENT EXPOSURE

## PAINT

- Homes built before 1978 should be checked by a lead-certified professional.
- Use lead-safe work methods or hire a lead-safe contractor for renovation, repair, and painting projects.
- Clean peeling paint, paint chips, and dust on floor and window sills.
- Keep paint in good condition.

## IN & AROUND THE HOME

- Regularly wet-mop floor, wipe clean window sills and other surface areas where your child plays.
- Wash your child's hands often, especially before meals and after playing outside.
- Clean or remove your shoes before you enter your home to avoid tracking in soil that may contain lead.
- Have your child play on grass instead of bare soil.
- Provide a sandbox filled with lead-free sand.
- If you work with lead in your job or hobby, change clothes and shower before you go home.
- Use only cold water to drink, cook, or make baby formula. Run the water until it feels cold (30-120 seconds).

## HOUSEHOLD ITEMS

- Do not use home remedies or cosmetics that may contain lead.
- Do not use imported, old, or handmade pottery to cook, store, or serve food or drinks.