

Lead Poisoning It Hurts Kids!



Early Signs of Lead Poisoning:

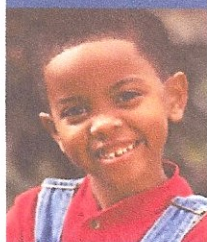
Often children have no symptoms and do not appear sick. However, some may have headaches, stomachaches or frequent tiredness. To be sure, your child's doctor can do a blood test.

Lead Poisoning Can Cause Your Child To Suffer From:

- Lower IQ (*learning problems – poor grades*)
- Slower Growth (*shorter height*)
- Aggressive Behavior
- Lack of Self-Control (*fighting, violence, short attention span*)
- Lack of Coordination (*poor balance while walking, running or playing sports*)

You Can Protect Your Child From Lead Simply by Doing the Following:

- Have your child tested by their doctor
- Have your home inspected for lead
- Wash your child's hands often
- Wash toys and other items often
- Keep toys or other items out of their mouth
- Wear shoes outside, take them off before coming inside
- Avoid bare soil play areas
- Wash up after playing outside
- Stay away from peeling and flaking painted areas
- Wet wipe surfaces with a clean cloth and damp mop the floor often
- Eat dairy foods, fresh fruits, green vegetables and lean meats. Reduce fried or fatty foods.



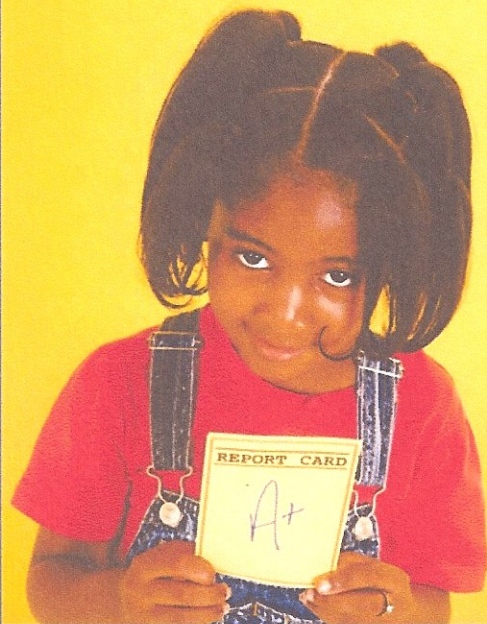
You CAN be Lead Safe! Take These STEPS:

If you live in a house or apartment that was built before 1978 and you see **peeling or flaking paint**, **AND** you have a child who is **6 years old or younger**, ask your child's doctor to give your child a **blood lead test** to see if your child is poisoned. – **OR** –

If you are pregnant, ask your doctor if you need to be tested for lead.

**Don't Wait! Call your doctor now.
It is your right.**

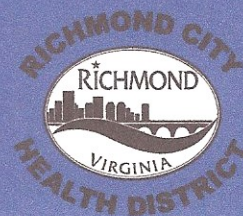
Your child will THANK YOU



This information is provided to you by the Richmond City Health District – Lead Safe Richmond Program. Please call us for the following concerns:

- If you do not have health insurance coverage or need to locate a doctor for lead testing or screening.
- If you would like a home-visitation to learn about how to prevent and control lead exposure.
- Find out if your household qualifies for a free home lead inspection.

205-3500



You Can Put a STOP To Lead Poisoning SIMPLY By Being Lead Safe

**Do you have a child
AND live in an
old house or apartment
with old or peeling paint?
Your child could be at risk
for lead poisoning.**



Additional Resources on Lead Poisoning Prevention

Lead-Safe & Healthy Homes Initiative:
www.HealthyHomesRCHD.com
[Twitter@HealthyHomesVDH](https://twitter.com/HealthyHomesVDH)
(804) 205-3500

Virginia Lead Safe Program:
www.VAHealth.org/leadsafe/
1-877-668-79889

Center for Disease Control and Prevention:
www.cdc.gov/nceh/lead/

The U.S. HUD—Office of Healthy Homes
and Lead Hazard Control:
www.hud.gov/offices/lead/

The U.S. EPA Lead Program:
www.epa.gov/lead/

Children's Environmental Health Network:
www.cehn.org

Regional Poison Center: 1-800-222-1222

Toys Safety and Recalls: www.cpsc.gov

Richmond City Property Maintenance—
Unsafe Property: 804-646-6398 or 311

Richmond City Construction and Related
Permits: 804-646-6955



Lead-Safe & Healthy Homes Initiative
400 East Cary St.
Richmond, VA 23219