

**Lead Poisoning is the  
number one  
environmental hazard  
for children today.**

**Is your child at risk?**



**PROTECT YOUR CHILD FROM  
LEAD POISONING**

**HAVE YOUR DOCTOR  
TEST YOUR CHILDREN  
ON THEIR FIRST AND  
SECOND BIRTHDAY**

**For more information, contact:**

**Lead-Safe Virginia Program  
Virginia Department of Health  
1500 East Main St., Room 138  
P.O. Box 2448  
Richmond, Virginia 23218-2448  
(877) 668-7987  
[www.vahealth.org/leadsafe](http://www.vahealth.org/leadsafe)**

**Before your baby  
begins to walk,  
learn about  
lead poisoning.**



**Lead-Safe Virginia Program**

**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH  
*Protecting You and Your Environment*  
[www.vdh.state.va.us](http://www.vdh.state.va.us)

Children can be poisoned from lead found in paint, dust, soil and water in and around many homes. In the United States, there are over 890,000 children (ages 1 to 5) with high levels of lead. In Virginia, nearly 500 children are reported poisoned each year.



## Do you, or does your child...

Live in or visit a house or child care facility...

- built before 1950?
- built before 1978 and renovated within the past 6 months?
- where someone has an elevated blood-lead level?
- where an adult's job or hobby involves exposure to lead?

- located in a high-risk zip code (see [www.vahealth.org/leadsafe](http://www.vahealth.org/leadsafe))
- near an active lead smelter or battery recycling plant?

## Are you, or your child...

- eligible for Medicaid or WIC?



If you answered yes to one or more, your baby may be at risk for lead poisoning!

## Why are children more vulnerable to lead poisoning?

- their bodies absorb more lead than adults
- they crawl on the floor
- they put things in their mouth

## What can lead poisoning do to a child?

Lead poisoning causes...

- language delays and hearing damage
- a decrease in bone growth and coordination
- learning disabilities and attention deficit disorders
- aggressive and antisocial behavior

## What are the symptoms of lead poisoning?

- nausea, irritability, headaches
- but, for the majority of children, no symptoms are seen

## How can I protect my child?

If you live in pre-1978 housing...

- wet mop or wet dust floors, windowsills, and other dusty surfaces
- keep child away from peeling paint
- wash your child's hands often
- clean toys and other things children put in their mouths
- wash hands before preparing food
- prepare nutritious meals that are high in calcium and iron and low in fat to prevent the body from storing lead

## How do I know if my child has lead poisoning?

- the only way to know for sure is to have your child screened by a healthcare provider.
- a lead test is recommended for all children at 12 and 24 months.

