

TIPS FOR PREVENTING CHILDHOOD LEAD POISONING

The **American Academy of Pediatrics** and The **American Nurses Association** support lead poisoning prevention activities to protect children.

LEAD IS HARMFUL FOR THE BRAINS OF YOUNG CHILDREN.

Exposure to lead can cause:

- Damage to the brain and nervous system
- Difficulty learning and paying attention
- Delayed growth and development



WASH HANDS BEFORE EATING AND AFTER PLAYING OUTSIDE.

This will clean off any lead dust particles a child may have gotten on their hands during play.

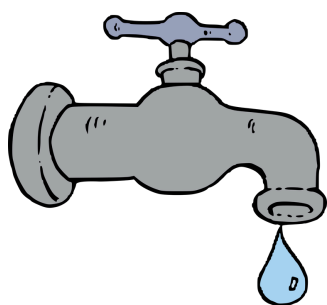


Learn more:
www.vdh.virginia.gov/leadsafe/



WET-WIPE AND WET-MOP FLOORS, ENTRYWAYS, AND WINDOWSILLS.

Using water when you clean keeps lead dust from getting into the air.

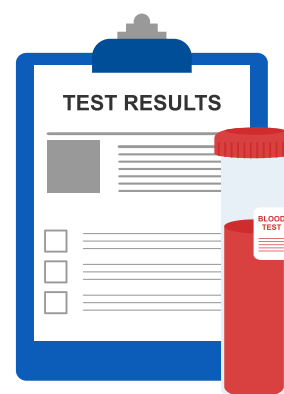


RUN WATER FOR 1 MINUTE BEFORE USE

and cook with cold water only. This will help lower the risk of consuming lead in your water.

ASK YOUR HEALTH CARE PROVIDER IF YOUR CHILD SHOULD GET A BLOOD LEAD TEST.

Children at high risk for lead exposure should get a blood lead test.



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VDH VIRGINIA
DEPARTMENT
OF HEALTH


Virginia Childhood Lead
Poisoning Prevention Program