

# Lead poisoning symptoms are easy to miss. Like me.



## Learn more about how people are exposed to lead and how to prevent harm.

It's been decades since lead was used in household paints and water pipes. Yet the dangers of lead are still with us.

Children's tendency to put things in their mouths means they're especially at risk. The Centers for Disease Control and Prevention (CDC) estimates that 500,000 American children have elevated levels of lead in their blood.

Fortunately, there are simple steps you can take to help keep your family safe.

### There's no safe level of lead in the blood.

Even low levels of lead exposure can hurt a child's ability to learn and develop. So it's important to get kids at risk for lead exposure tested, especially at ages 1 and 2.



#### Know the sources

In addition to old paint, other common sources include water from old lead pipes, lead contaminated soil and some imported toys and jewelry.



#### Practice prevention

Check your home. If you live in a house or apartment built before 1978, have it checked by a certified lead inspector. Your water supplier can also tell you if there are lead pipes connected to your home.



#### Know the symptoms

The effects of lead exposure in children are hard to detect. Many children show no obvious signs of illness, but lead exposure can lead to behavioral, hearing and speech problems. That's why, if you think your child has been exposed, it's best to talk to your healthcare provider about getting a blood test.



#### Get tested

Talk to your healthcare provider about getting a blood lead test for your child. Based on the results, healthcare providers can recommend follow-up actions and care.

**Learn more:** For more helpful information about lead poisoning, visit [vdh.virginia.gov/leadsafe](https://vdh.virginia.gov/leadsafe)

