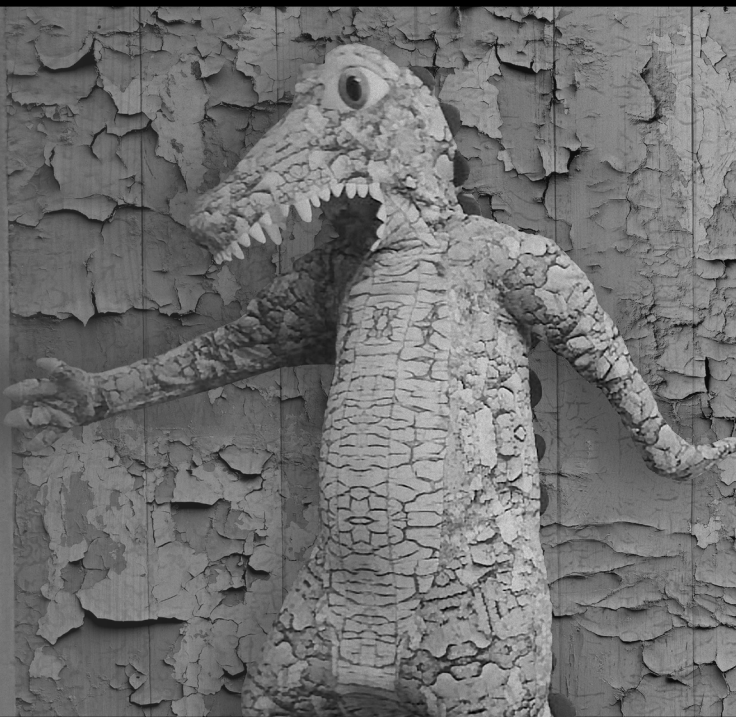


**Didn't see me?  
Lead hides in  
plain sight too.**



## **Learn to recognize the sources of lead poisoning.**

Because lead is a naturally occurring metal, exposure can happen almost anywhere. It's important to remember that there's no safe level of lead in the blood.

### **The most common sources of lead exposure are:**

- Chipped or peeling paint in old homes
- Water from lead pipes
- Lead contaminated soil
- Lead dust created by chipping, peeling paint or lead-contaminated soil
- Imported toys, jewelry, spices and candies
- Certain jobs and hobbies

The risk of exposure is greatest for children under 6, due to their hand-to-mouth behavior. Many children ingest lead dust by putting objects such as toys, paint chips or dirt in their mouths.

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

Any amount of lead in the blood can spell trouble. The effects of lead poisoning can be permanent and disabling. Even low levels can cause developmental delays, difficulty learning and behavioral issues.

### **Your best bet: Get kids tested.**

If you think your kids could have been exposed to lead, get them tested, especially at ages 1 and 2. That is perhaps the single most effective step you can take to keep them safe. If test results show lead exposure in your child, your healthcare provider can develop a plan of action to help.

### **Lead exposure is especially dangerous for children.**

Kids are more likely to explore the world by putting things in their mouths. And when exposure occurs during important growing years, lead poisoning can have long-term negative effects. That's why it's important to get kids who are at risk tested for lead exposure, especially at ages 1 and 2.

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

