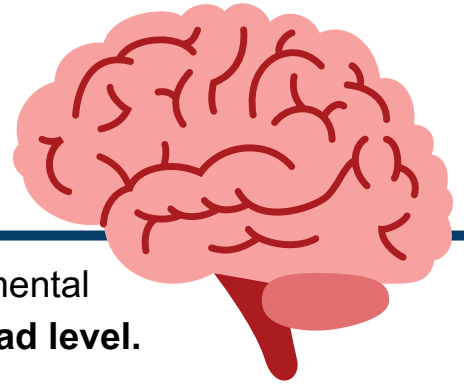


PREVENT CHILDHOOD LEAD POISONING



Childhood lead poisoning is the most preventable environmental disease among young children. **There is no safe blood lead level.**

Lead is harmful to a child's health. It can cause...



Damage to the brain and nervous system



Slowed growth and development



Learning and behavior problems



Hearing and speech problems

Common sources of lead exposure:

- Chipping and peeling paint from homes built before 1978
- Imported toys and jewelry
- Pottery and ceramics
- Water from lead pipes
- Imported cosmetics
- Imported candy and candy wrappers
- Soil



Follow these quick and easy steps to stay lead safe:

- Wet-wipe and wet-mop windowsills and around home entrances
- Wash children's hands and toys regularly
- Do not let children play in bare soil. If they do, immediately wash their hands and clothes
- Run water for 60 seconds before use, and cook with cold water only
- Cook nutrient dense meals, high in calcium, iron, and vitamin C
- **Ask your health care provider about giving your child a blood lead test**



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

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Virginia Childhood Lead
Poisoning Prevention Program