

# Keep your **home** and **family** **LEAD SAFE!**

Even children who look healthy  
may have lead poisoning.

**A blood test is the  
only way to know.**



## **Nutritional Recommendations**

Serve calcium-rich foods like milk, cheese, yogurt and greens. Serve iron rich foods like beef, chicken, iron-fortified cereal, green leafy vegetables, dried fruits and beans. Provide foods rich in Vitamin C with meals to improve iron absorption. Serve regular meals and snacks. Limit foods high in fats.



ALABAMA  
PUBLIC  
HEALTH

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# **Protect Your Child From Lead Poisoning**



**What Parents  
Need To Know**

**Alabama Childhood  
Lead Poisoning  
Prevention Program**



Alabama Department of Public Health

# Ask your child's doctor to test your child for lead at 9-12 months and at two years of age.



## Lead Poisoning is Dangerous to Everyone - Especially Young Children

Your child can be exposed to lead from common sources:

- Living in a home built before 1978 due to lead from old paint or water pipes.
- Having a family member whose job or hobby exposes them to lead.
- Playing in areas of exposed soil.
- Living near an industry that may release lead.

## Possible Effects of Lead on Your Child

When not detected early, even low levels of lead exposure can harm your child. Possible health effects include:

- Damage to the brain and nervous system.
- Learning and behavioral problems.
- Decreased muscle and bone growth.
- Hearing problems.

Testing at an early age is important to prevent these health effects, which can lead to permanent disabilities.



## Simple Steps to Protect Your Child

- **Clean floors, windowsills, and surface areas regularly.** Damp dust and mop your home at least twice a week to reduce your child's exposure to lead dust.
- **Prepare formula with cool sterile water instead of tap water.** If tap water must be used, run cold water for at least one minute prior to use to flush any lead picked up from the pipes. Boiling tap water will not remove the lead.
- **Feed your child foods that protect against lead.** Serving foods that are high in iron and calcium can reduce your family's lead risk.
- **Wash your child's hands and toys often.** Young children put their hands and other things in their mouths that might have lead dust on them. Washing helps lower the risk.
- **Take your child for regular health care visits.** All children should be tested by their first birthday, and again when they are two.
- **Do not allow children to play in bare soil or around peeling paint.**

