

KEEP ALABAMA'S KIDS LEAD FREE



LEAD POISONING: THE INVISIBLE THREAT

Lead poisoning is caused by swallowing or breathing lead. Even small amounts of chipped lead paint or dust can cause severe and permanent harm to children.

WHERE DOES LEAD COME FROM?

There are a number of possible sources of lead in the environment. Most often lead is found in chipping and flaking paint in houses built before 1978. This is because in 1978 lead was banned in residential paint. Lead can also be found in lead dust, soil, water, ceramics or pottery, fishing sinkers, and on the clothes of someone who works in a

lead-related occupation. In addition, there are many other potential sources of lead.

WHAT CAN LEAD POISONING DO TO YOUR CHILD?

Lead poisoning can damage a growing child's nervous system, including the brain. It can interfere with growth, damage hearing, make learning difficult, and create hyperactivity and disruptive behavior. In extreme cases it can even cause death.

HOW CAN YOU TELL IF YOUR CHILD IS AT RISK OR HAS LEAD POISONING?

Signs of lead poisoning

may not be present or may be mistaken for the flu or other illnesses. The only way to know for certain your child is not lead poisoned is to see a doctor for a blood test.

HOW CAN LEAD POISONING BE PREVENTED?

The best way to prevent lead poisoning is to know the dangers of lead. For more information about lead poisoning and lead testing, contact the Alabama Childhood Lead Poisoning Prevention Project.



Alabama Childhood Lead Poisoning Prevention Project

Special Edition

Highlights

- Lead Poisoning: The Invisible Threat
- Pregnant Women Can Pass Lead to Their Unborn Child
- Tips for Lead Poisoning Prevention

Tips for Lead Poisoning Prevention

- Keep your home clean.
- Keep your child away from chipping or peeling paint.
- Make sure children wash their hands before eating, after playing outside, and before taking a nap.
- Serve well-balanced meals, low in fat and high in calcium & iron.
- Wash toys & pacifiers often, especially after falling on the floor.
- Never use hot water from the tap for cooking or making baby formula.
- See your doctor for a blood test.

Pregnant Women Can Pass Lead to Their Unborn Child

Pregnant women with elevated blood lead levels can pass lead to their unborn child. Lead can also be passed to the fetus from lead stores in the bones of a woman who absorbed lead in the past. Breastfeeding mothers can pass lead to their

babies through breast milk. If you are pregnant



and concerned that you have been exposed to lead, talk to your doctor about what you should do to minimize the risk to your unborn child.