

What is lead exposure?

When a person is exposed to lead, it can enter the body and may cause health problems. Lead exposure is especially dangerous to young children and unborn babies because even small amounts of lead can cause permanent damage, resulting in:

- learning and behavior problems
- delayed growth and development

How can lead get into my child?

Lead can get into a child when he or she swallows something that contains lead particles. It can also enter an unborn baby if the mother has been exposed to lead.

Where is lead found?

Your child may be exposed to lead from many sources:

- chipped or peeling lead-based paint (usually in homes built before 1978)
- clay pots, dishes and ceramics
- dust and dirt

- sites where houses or buildings built before 1978 are being remodeled
- home remedies
- imported candies and other foods
- toys
- jewelry and keys

How can I find out if my child has been exposed to lead?

Many children who have been exposed to lead do not look or act sick. A blood test is the only way to find out if your child has been exposed to lead.

All children should get tested at 12 and 24 months or before the age of 6 years. If your child has never been tested, make sure to tell your child's doctor during the next visit.

What do the results mean?

The results of the blood test indicate the amount of lead in your child represented by a number. The lower the number, the better.



How can I protect my child?

- Make sure your child gets tested at 12 and 24 months or before the age of 6 years.
- Keep your child away from peeling or damaged paint.
- Clean floors, window sills and dusty places often with wet mops and wet cloths.
- Wash toys, pacifiers and other items your child puts into his or her mouth.
- Wash your child's hands often, especially before eating, sleeping and after playing.
- Avoid giving your child folk remedies or medication not recommended by his or her doctor.
- Do not give your child imported candy.
- Give your child healthy meals and snacks that are high in iron and calcium, such as lean meat, chicken, tuna, turkey, peas, cereals, peanut butter, potatoes with skin, milk, cheese and yogurt. Also feed your child foods high in vitamin C, such as oranges, fruit juice, tomatoes, strawberries, kiwi, grapefruit, cantaloupe, broccoli and cauliflower.

How does the health district help prevent lead exposure?

The Childhood Lead Poisoning Prevention Program (CLPPP) combines the efforts of the Southern Nevada Health District and many community organizations. CLPPP helps families, health care providers and community organizations locally and statewide by:

- Providing information on lead exposure prevention
- Tracking children who have high levels of lead in their blood, investigating to find out how they may have been exposed to lead, and providing case management
- Working with families and doctors of children who are affected
- Inspecting houses built before 1978
- Testing potential lead sources

For more information, call 759-1283 or go to www.SouthernNevadaHealthDistrict.org/clppp



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Keep Your
Child
Safe
from Lead