

# Childhood Lead Poisoning



Keep Kids Lead Safe for a Healthy Future!

Education • Detection • Prevention

## Sources of Lead



### ⇒ Home

Lead can be found in old homes built before 1978 with lead-based paint and lead contaminated dust. Lead can also be found in soil and leaded water pipes.



### ⇒ Imported Goods

Items brought back from other countries may contain lead such as food, spices, candies, toys, cosmetics, and ceramic glazed pottery.



### ⇒ Herbal Medicine

Some home remedies including traditional, folk and Ayurvedic medications may contain lead.



### ⇒ Cosmetics

Cosmetics from other countries may contain lead: such as Bindi, Khol, Vibhuti, Tikal & Surma (eye makeup).



Example of Bindi



### ⇒ Travel

Traveling outside the U.S. may increase contact with lead. Ask your provider to screen your child upon return from traveling abroad.

**\*If you think your child may have been exposed to lead, talk to your child's health care provider about getting a blood lead test.**

## Your Child's Health

Exposure to lead can harm a child's health and cause damage to the brain, slow growth and development, and cause learning, behavior, and speech problems. Even low levels of lead in blood have been shown to affect IQ, ability to pay attention, and academic achievement. Children less than 6 years old are especially at risk because their bodies are still developing and growing. **There is no safe level of lead exposure.**

## Prevention

### Steps to prevent exposure to lead:

- Follow the childhood lead screening schedule— all children should be tested for lead at 12 and 24 months of age.
- Check the New Jersey Lead Remediation Outreach Programs for general lead paint and dust testing. Talk to your local health department for more information.
- Make sure your child does not have access to peeling paint or chewable surfaces painted with lead-based paint.
- Regularly wash children's hands and toys and take shoes off when entering the house to prevent bringing lead-contaminated soil in.

Somerset County Department of Health

