CHILDHOOD **Lead POISONING** PREVENTION PROGRAM

8 *ways to* protect children *from* lead exposure

GET A BLOOD TEST.

Parents can talk to their child's healthcare provider about getting a blood lead test. A blood test is the best way to determine if a child has been exposed to lead. Based on blood lead test results, healthcare providers can recommend follow-up actions and care.

HIRE TRAINED CONTRACTORS.

Hire contractors who are trained in lead-safe practices. Visit EPA's web page *(scan QR code below)* to find a certified contractor.

REGULARLY WET-MOP FLOORS & WINDOWSILLS.

Household dust can be a major source of lead in homes and buildings built before 1978.

LEAVE SHOES BY THE DOOR OR OUTSIDE.

This is especially important when someone works with lead or has a hobby involving lead, such as construction or shooting firearms.

GET YOUR HOME CHECKED.

Have homes or buildings built before 1978 checked by a licensed lead inspector. Those who rent should ask their landlord to have their home checked. Visit the Environmental Protection Agency's (EPA) web page *(scan QR code below)* to find a certified inspector or risk assessor.

AVOID CERTAIN CHILDREN'S PRODUCTS AND TOYS.

Some toys, especially imported toys, antique toys, and toy jewelry may contain lead. Visit the Consumer Product Safety Commission's (CPSC) web page *(scan QR code below)* for photos and descriptions of currently recalled toys.

PROTECT SOIL.

Cover bare soil with grass, mulch, or wood chips and prevent children from playing in bare soil that may be contaminated with lead.

SHOWER AND CHANGE CLOTHES AND SHOES AFTER WORKING AROUND LEAD-BASED PRODUCTS.

This can keep lead dust from being tracked through the home and prevent families from being exposed.

SOUTH DAKOTA DEPARTMENT OF HEALTH
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Prevent Childhood LEAD POISONING

CHILDHOOD **Lead POISONING** PREVENTION PROGRAM

Exposure to lead can seriously harm a child's health.

- DAMAGE TO THE BRAIN & NERVOUS SYSTEM
- SLOWED GROWTH & DEVELOPMENT
- LEARNING & BEHAVIOR PROBLEMS
- HEARING & SPEECH PROBLEMS

Sources of Lead

- LEAD PAINT in homes built before 1978
- DRINKING WATER
- TOYS & JEWELRY
- SOIL

Take these steps to make your home lead-safe

TALK WITH YOUR CHILD'S DOCTOR ABOUT A SIMPLE BLOOD LEAD TEST. If you are pregnant or nursing, talk with your doctor about exposure to sources of lead.

TEST PAINT AND DUST IN YOUR HOME FOR LEAD if you live in a home built before 1978. Visit the Environmental Protection Agency's (EPA) web page (scan QR code below) to find a certified inspector or risk assessor.

RENOVATE SAFELY. Common renovation activities (like sanding, cutting, replacing windows, and more) can create hazardous lead dust. Visit EPA's web page (scan QR code below) to find a certified contractor.

REMOVE RECALLED TOYS AND TOY JEWELRY FROM CHILDREN AND DISCARD AS APPROPRIATE. Visit the Consumer Product Safety Commission's (CPSC) web page (scan QR code below) for photos and descriptions of currently recalled toys.

10 Late Signs of Lead Poisoning

Most children exposed to lead have NO SYMPTOMS. The symptoms below are late signs of lead poisoning.

- ABDOMINAL PAIN
- DECREASED ACTIVITY
- NAUSEA
- LOSS OF APPETITE
- MUSCLE WEAKNESS
- HYPERACTIVITY
- IRRITABILITY
- BEHAVIOR CHANGES
- DIARRHEA
- CONSTIPATION

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