

# 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.

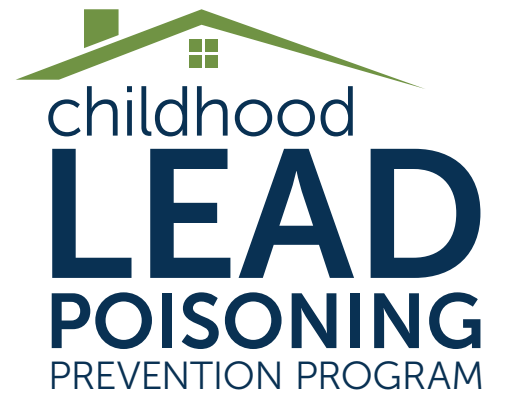
## SHOWER AND CHANGE CLOTHES AND SHOES AFTER WORKING AROUND LEAD-BASED PRODUCTS.



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



# Prevent Childhood LEAD POISONING



**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**



SOUTH DAKOTA DEPARTMENT OF HEALTH  
[doh.sd.gov/BloodLead/](https://doh.sd.gov/BloodLead/)



DOH.SD.gov



EPA.gov



CPSC.gov