

# IS LEAD POISONING MAKING YOUR CHILD SICK?



Lead poisoning often goes unrecognized. Learn how to protect your child by keeping them away from the hidden dangers of lead.

## What to avoid:

- Toys that may contain lead paint – be aware of any toy recalls
- Lead paint on older homes – never chip paint or sand walls (or window sills) anywhere near children
- Make-up, pottery, and pottery glazes may contain lead – keep them out of reach

## What symptoms to look for:

- Sleep disorders
- Hyperactivity
- Loss of appetite
- Learning problems

## What you can do:

- Keep floors, window sills, and play areas clean
- Clean up paint chips immediately
- Wash toys and children's hands often
- If you think there's any chance of exposure, ask your pediatrician if your child needs a special blood test
- You can have your child tested for lead poisoning as early as age 1
- Purchase a home test kit or have your home professionally evaluated for lead content

A lead poisoning test may be free under your health insurance policy. If your child is covered under Medi-Cal or in the Child Health and Disability Prevention Program (CHDP), the test may be free.

Want to know more about lead poisoning? Call the National Lead Information Center: 1-800-424-LEAD (5323). Also visit the U.S. Environmental Protection Agency website at [www.epa.gov/lead](http://www.epa.gov/lead).



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