

Protect your toddler from lead!

Public Health |
IOWA HHS



Your child watched a cartoon featuring the Healthy Habit All-Stars from the Iowa Department of Health and Human Services (Iowa HHS) and the Iowa Department of Education. In the video, the All-Stars talked about lead and why it's dangerous to kids' health. We want to give you a little background on lead to prepare you for some questions you might be asked later.

Why is lead dangerous to little kids especially?

Lead is toxic and can cause developmental delays, learning difficulties, headaches and more.

WHAT IS LEAD POISONING AND HOW DOES IT HAPPEN?

Lead poisoning is when a child has lead in their body. This can happen if your child:

- Breathes in dust from lead-based paint that's being sanded, scraped or removed during home renovations – especially in homes built before 1978.
- Puts lead-based paint chips or dust in their mouth.
- Chews on items that may contain lead, including toys, jewelry or household items.
- Places dusty or dirty hands, toys, bottles or pacifiers in their mouths.
- Plays in dirt or a sandbox near an old building or where an old building was torn down.
- Drinks water contaminated with lead from old pipes in the home.

Get your child tested for lead once a year, every year until age 6.

WHAT ARE THE SYMPTOMS OF LEAD POISONING IN KIDS?

Symptoms include:

- Getting easily excited
- Problems paying attention
- Stomachaches and headaches
- More tired than usual

SO, HOW CAN YOU HELP PREVENT LEAD POISONING?

- Check your home and other homes where your child visits for lead-based paint that's chipping or peeling.
- Wash your child's hands before meals, snacks and naps.
- Keep your child's play area clean by wet mopping or wet wiping with a disposable cloth.
- Regularly clean high-risk areas like windows to remove possible lead dust or paint chips.
- Wash your child's toys, blankets and pacifiers often.
- Test your water and pipes for lead to make sure their water is safe and lead free.
- Eat healthy foods with calcium, iron and vitamin C.



Scan to learn
more about
preventing lead
poisoning:

Let's use our head and help kids stay safe from lead!