

# Let's learn about lead poisoning!

A guide for parents and children about lead hazards



Lead Poisoning Prevention Program  
Iowa Department of Public Health  
(800) 972-2026

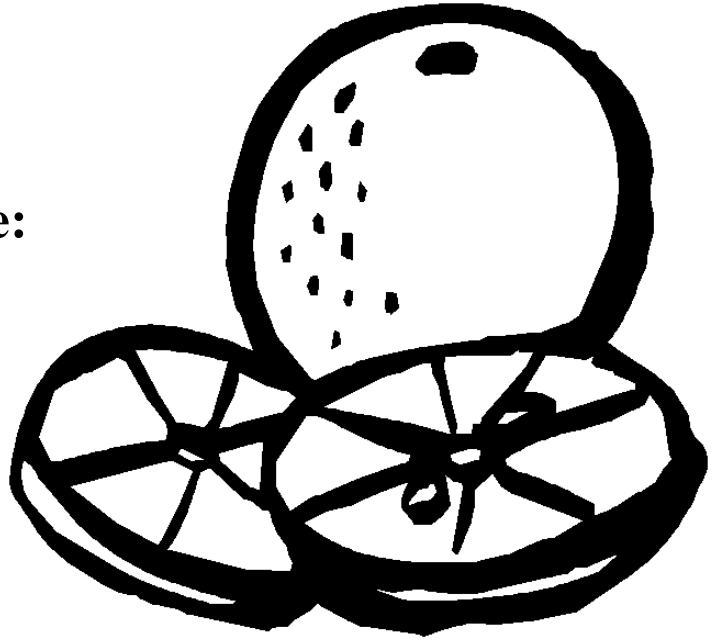
**Lead is not good for your body. If you have too much lead in your body, you might be lead-poisoned. This guide will teach you how to protect yourself.**



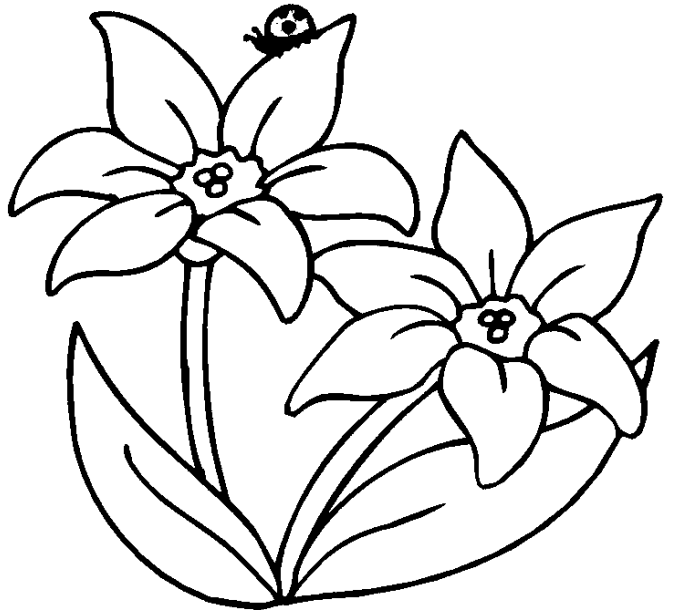
**FOR PARENTS:** Children under the age of 6 years can become lead-poisoned when they put their hands, toys, dirty bottles, and pacifiers in their mouths.

# You cannot see, smell, or taste lead.

- **Something you can taste:**

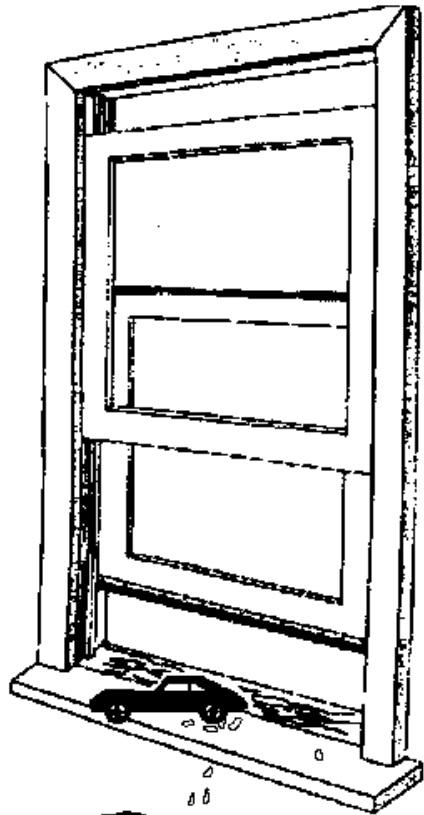


- **Something you can smell:**



**FOR PARENTS:** In Iowa, one in seven children is lead poisoned.

**Lead can be found in many places. Many old houses have lead-based paint chips and dust. Never touch things that have peeling paint.**



**FOR PARENTS:** Many houses and apartments built before 1960 have lead-based paint. This paint is very dangerous when it peels and chips. Lead-based paint is the major source of childhood lead poisoning in Iowa.

**Wash your hands before you eat and after playing outside. This will help keep lead out of your body.**



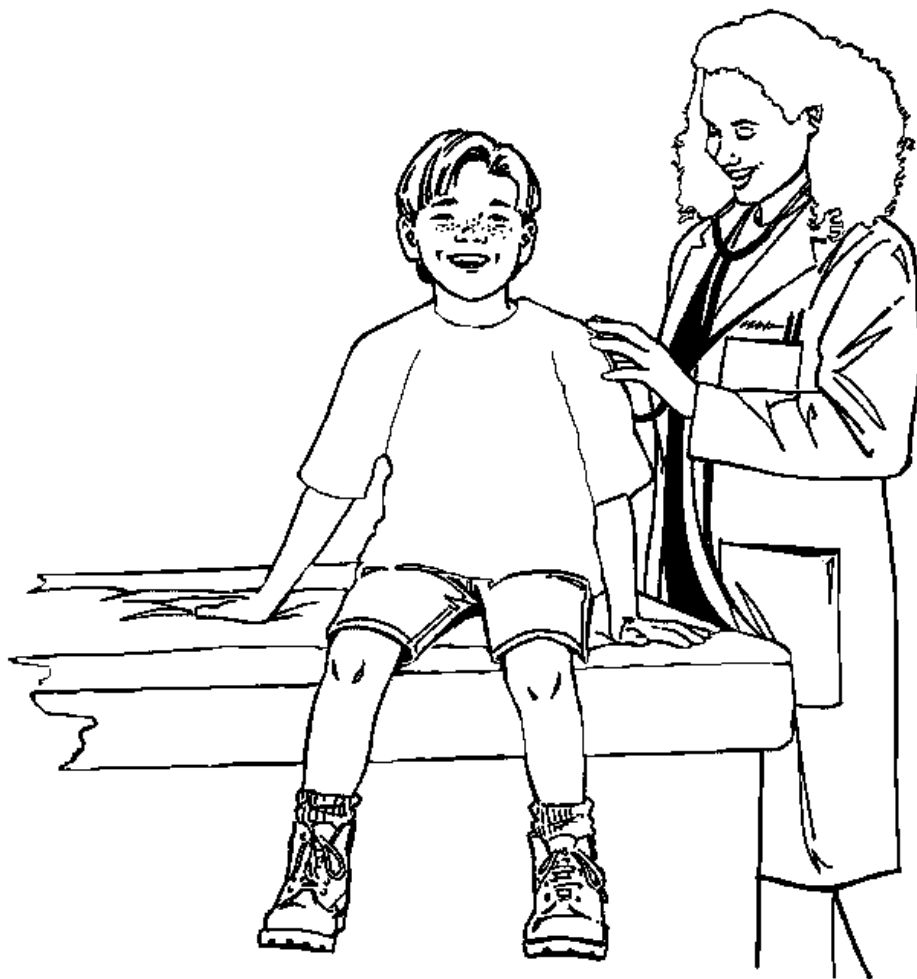
**FOR PARENTS:** Teach your children to wash their hands. Make sure that they do not put dirty objects in their mouths. Lead dust is often present in the air if you are remodeling your house. The dust can stick to anything that the child touches.

**If you play outside, be sure to play in safe areas.**



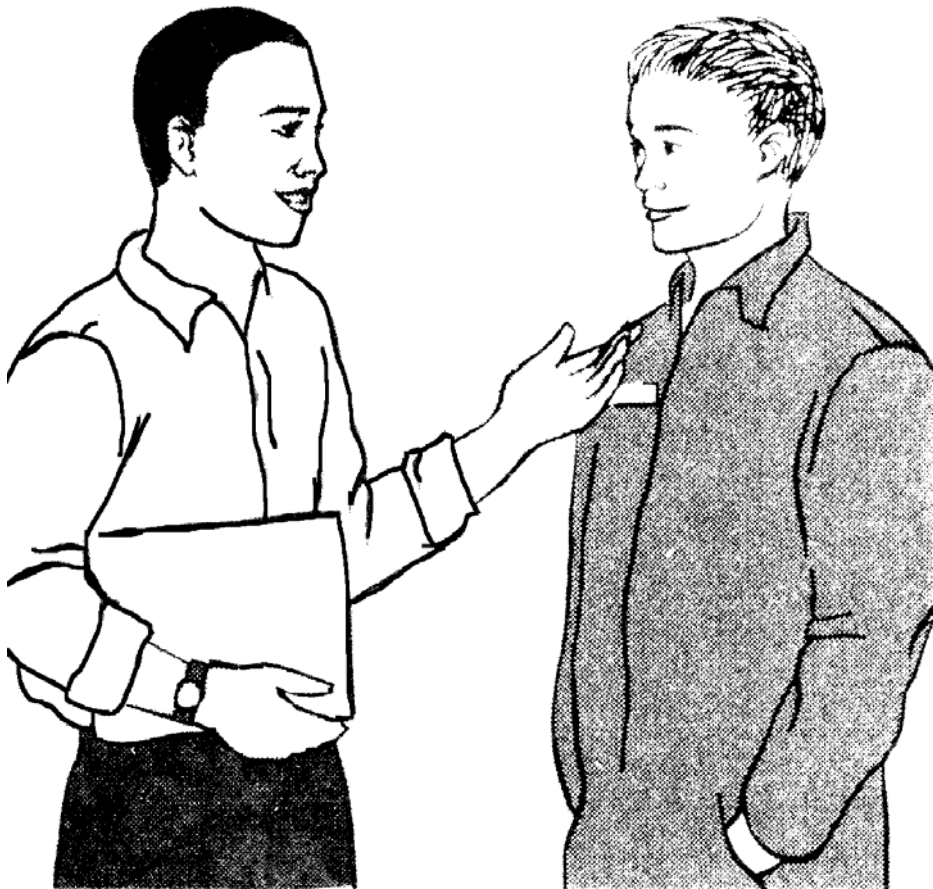
**FOR PARENTS:** Buildings that are painted with lead-based paint also have lead in bare soil around them. Don't let children play in these areas!

**If you have too much lead in your blood, you can get sick. Your parents will take you to the doctor to test your blood to make sure that you are not lead-poisoned.**



**FOR PARENTS:** The Iowa Department of Public Health recommends that all children under the age of 6 get a blood lead test. Lead poisoning hurts the brain and nervous system. It can cause learning problems when a child starts school.

**If the level of lead in your blood is high, someone from the health department will visit your house. The inspector will use a machine that shows how much lead is in your house.**

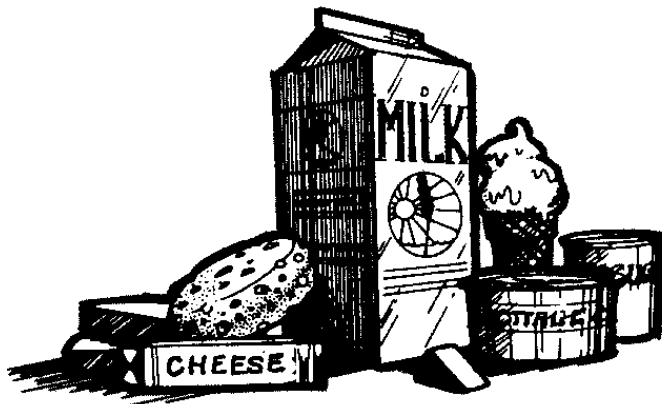
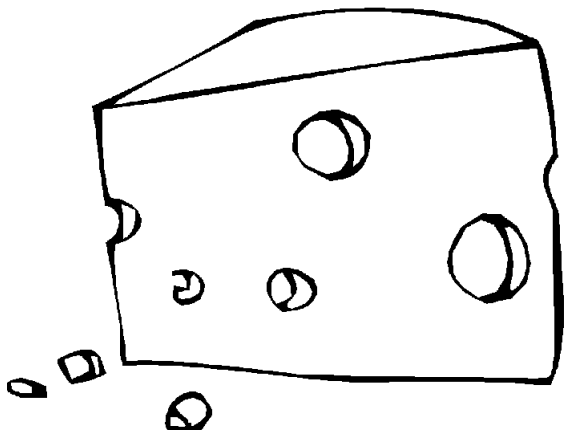
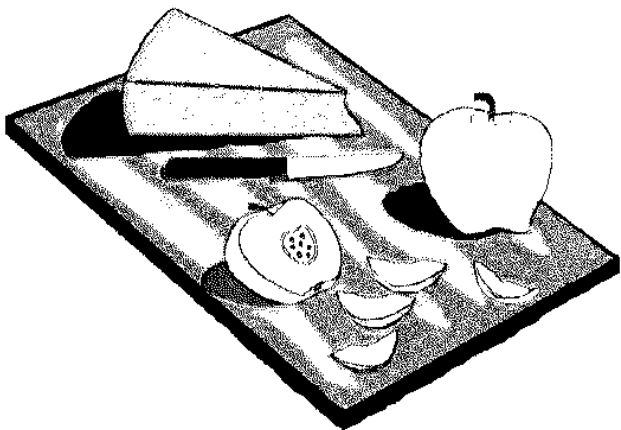


**FOR PARENTS:** If your child has a blood lead level of 20 micrograms per deciliter or higher, an inspector from the health department will come to your house. The inspector will tell you what is poisoning your child. The inspector will also tell you how to make the house safe for children.



# Eat healthy foods to help prevent lead poisoning!

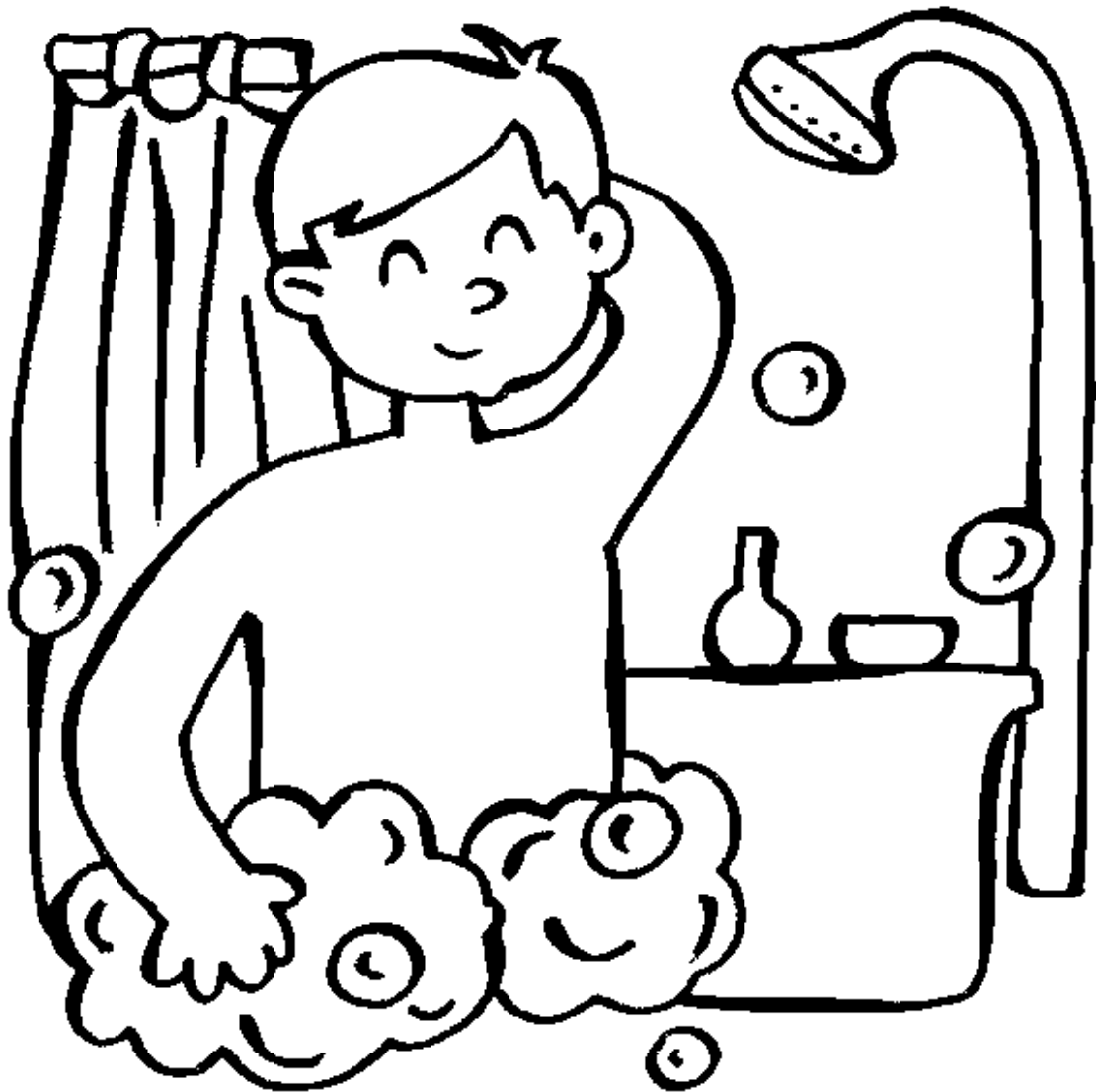
You should eat foods high in iron and calcium.



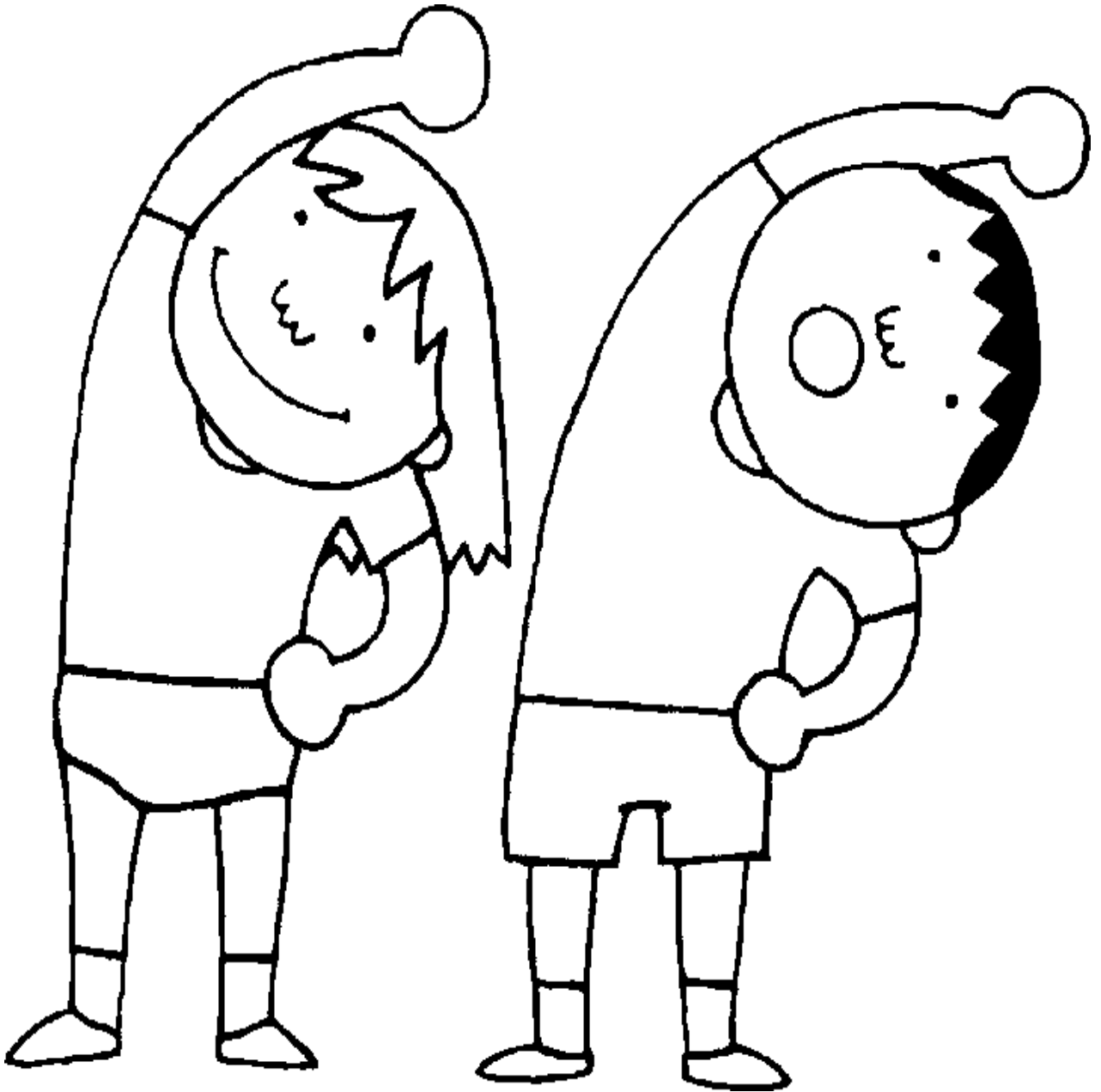
**Wash your hands often  
to remove lead dust  
from your hands!**



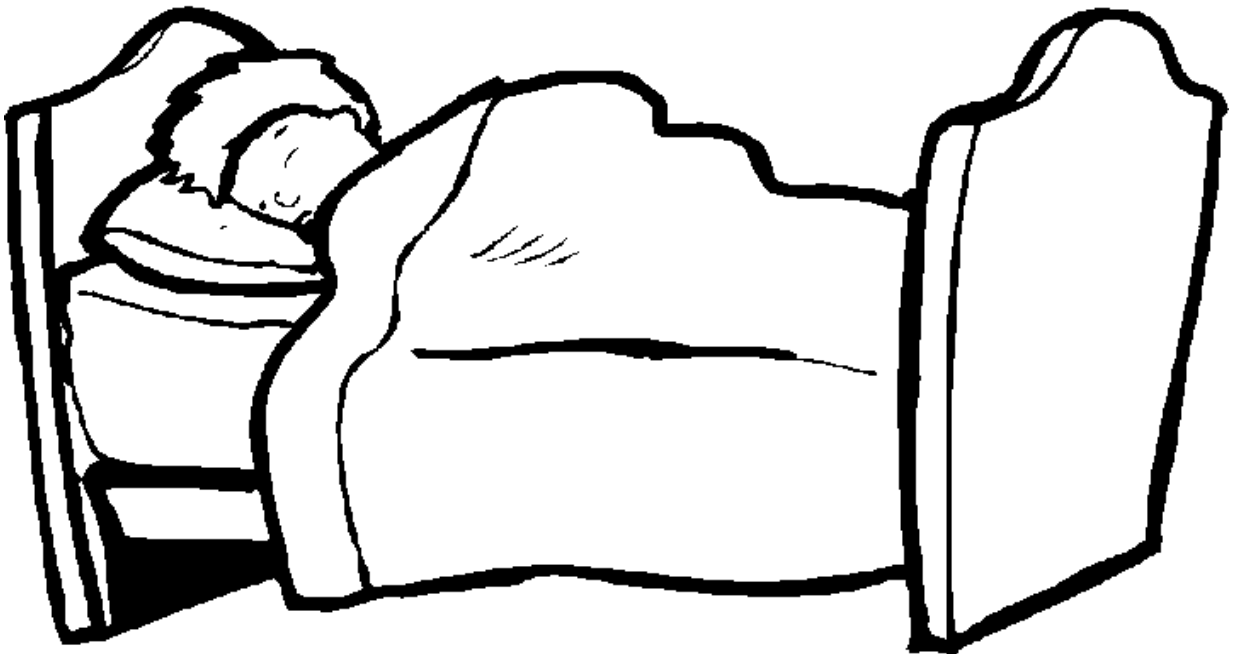
**Take a bath every day,  
especially after you play  
outside!**



# Exercise to stay healthy!



**It is important to get plenty  
of sleep to stay healthy!**



**To stay healthy, remember these things:**

Wash your hands after playing outside and before you eat.

Eat healthy foods like meat, vegetables, and milk.

Don't play with dirt.

Exercise.

Get plenty of sleep.

