

What can I do?

- Have your child tested for lead
- If your house was built before 1978, have your paint tested for lead
- Wash your child's hands and toys often
- Wear gloves and use soap and water to clean floors, window sills, and other surfaces regularly
- Have your child eat foods low in fats and high in iron, calcium, and vitamin C
- If your work involves lead, take a shower and change your clothes before coming home

Where can I get more information?

- Your local health department
- Utah Department of Health and Human Services, Office of Communicable Diseases: (801) 538-6191



- U.S. Environmental Protection Agency: (800) 424-LEAD



- Centers for Disease Control and Prevention



Office of Population Health
P.O. Box 142104
Salt Lake City, Utah 84114-2104

Phone: 801-538-6191
Email: EPICDEPFAX@utah.gov



This publication was supported by Grant No. CDC-RFA-EH21-2102 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

Help me be lead free



Utah Childhood Lead Poisoning Prevention Program

Revised June 2022

What is lead poisoning?

Lead is a metal found in nature and used for many things. When lead builds up in your body it can cause health problems. Children can get lead into their bodies by breathing dust contaminated with lead or putting things that have lead in them in their mouth.

Possible sources of lead

- **Lead-based paint:** chipping or peeling paint from homes or buildings built before 1978
- **Work:** lead may be brought home from the workplace. Jobs that may expose you to lead include **auto repair, construction, mining, painting, printing, radiator repair, remodeling, renovation, and welding.**
- **Water:** home's plumbing has lead pipes or copper pipes with lead solder joints
- **Food:** stored in opened cans or kept in ceramic, lead crystal, or pewter containers
- **Products:** check the package or contact the manufacturer to see if a product has lead in it. Common things that have lead in them are **crayons, cosmetics, magazines, metal candle wicks, newspapers, older toys, and vinyl mini-blinds**
- **Soil:** may be contaminated with peeling or chipping paint from the outside of homes or buildings
- **Hobbies:** **ceramics, fishing weights, gun reloading, refinishing furniture, stained glass, and target practice**
- **Home or folk remedies:** azarcon, ghasard, greta, kohl, and pay-loo-ah



How are children affected by lead?

Many children don't show symptoms of lead poisoning. However, even children who don't appear to be sick can have health problems like:

- **Damage to the nervous system, kidneys, and the brain**
- **Hearing damage**
- **Learning disabilities**
- **Behavioral problems**
- **Decreased muscle and bone growth**

At higher levels lead may cause:

- **Seizures**
- **Unconsciousness**
- **Death**

If symptoms do occur, they can be mistaken for other illnesses. Common symptoms of lead poisoning are:

- **Loss of appetite/weight**
- **Stomach ache**
- **Irritability**
- **More tired than usual**
- **Constipation**
- **Headache**
- **Frequent vomiting**

Is my child lead poisoned?

Lead poisoning is one of the most common and preventable childhood health problems in the United States today. A blood lead test is the only way to know if your child has been exposed to lead.

- A blood lead test could be done at the doctor's office, local health department, clinic, or hospital
- A sample of blood is carefully taken from the child's finger or from the child's arm. The result of the blood lead test is reported within a week

Children need to be tested at 1 and 2 years of age, and before age 6 if the child has not had a blood lead test before, or if the child is suspected of having been exposed to lead.

A blood lead test is covered by most insurance and is encouraged and paid for by Medicaid.

Children 6 months through 5 years of age and unborn babies are at a higher risk for lead poisoning because:

- **Children tend to put everything in their mouths**
- **Children's growing bodies absorb lead more easily than adults**
- **A child's developing brain and nervous system are more sensitive to the harmful effects of lead**

Lead is also harmful to adults. Adults should have a blood lead test if there is possible exposure.