

How much lead exposure is bad for my child?

- *No “safe” level of lead exposure has been defined. Therefore, the goal is to keep the level of exposure as low as possible.*

How does lead exposure happen?

- *Children most often get lead into their bodies by getting lead-contaminated dust or dirt on their hands and then putting their hands in their mouth, or by directly sucking or chewing lead-painted or lead-containing objects. Children between the ages of 6 months and 3 years are at the highest risk because they are always putting their toys and hands in their mouths.*

My child owns or plays with one of the recalled toys. What should I do?

- *First of all, keep the toy away from your child and return it as instructed in the recall. Discuss the need for a blood lead test with your child’s pediatrician. Children who play with lead-painted toys that have cracking, peeling, or chipping paint, or who put the toy in their mouth or bite on it are most likely to have lead exposure from the toy.*

What are some of the symptoms of lead poisoning in children?

- *Most people who get lead in their body do not show any symptoms. However, lead, even at very low levels, can make it harder for a child to learn, can cause behavior problems, and can even lower I.Q. scores. At higher lead levels, symptoms may include abdominal pain, constipation, loss of appetite, irritability, sluggishness, and even seizures.*

What is involved in testing for lead?

- *The level of lead in the body is measured in a small blood sample. Initial screening is done with a finger stick sample which is relatively quick and easy. The results of the screen are available within 48 hours.*

How can I protect my child from lead exposure in the future?

- *Regularly wash children’s hands and toys!*
- *Be aware of toy and other product recalls posted at the US Consumer Product Safety Commission website at <http://www.cspc.gov>. Remove & return all recalled products.*
- *If your house was built before 1978, consider having your home checked for the presence of lead in paint and dust.*
- *Keep your child away from areas where there is peeling paint or chewable surfaces painted with lead-based paint.*
- *Regularly wet-mop floors and wet-wipe windowsills.*
- *Prevent children from playing in bare soil; if possible provide them with sandboxes. Plant grass or cover areas of bare soil with mulch or wood chips, if possible.*
- *Avoid using traditional home remedies and cosmetics that contain lead.*
- *Use lead free containers, cookware, and tableware to store or cook food or liquids.*
- *Use only cold water from the tap for drinking, cooking and for making baby formula. Hot water, directly from the tap, is more likely to have higher lead levels.*
- *Shower and change clothes after finishing a task that involves working with lead-based products.*



Could Your Child Be At Risk For Lead Poisoning?



1. Does your child live in or regularly visit a home that was built before 1950?
2. Does your child live in or regularly visit a home that was built before 1978 with recent or on-going renovations/construction or remodeling (within the last 6 months)?
3. Does your child have a sibling or a playmate that has been diagnosed with lead poisoning?
4. Does your child live with or have frequent contact with an adult whose job or hobby involves exposure to lead? (see List A below)
5. Does your child live or play near an active lead smelter, battery recycling plant, or other industry likely to release lead into the environment?
6. Does your child live within one block of a major highway or busy street?
7. Have you ever seen your child eating paint chips, soil, or dirt?
8. Does your child eat food stored in metal cans, leaded crystal, ceramic or pewter dishes?
9. Does your child have contact with candies, cosmetics, or spices made outside of the US?
10. Has your child ever been given home or folk remedies not made or sold in the US? (see List B)
12. Has your child been exposed to any of the many recently recalled toys? (see Toy Recall Binder in our office or check the CPSC website at www.cpsc.gov)
13. Does your child show any of the following symptoms of lead toxicity?
 *Abdominal Pain *Vomiting *Loss of Appetite *Constipation *Clumsiness
 *Irritability *Decreased Activity Level
14. Have you or your child's teacher noticed any of these possible symptoms of lead exposure in your child?
 *Poor Attention Span *Hyperactivity *Poor Organizational Skills
 *Reading Disability *Aggressive Behaviors

If you answered YES to any of these questions, talk to the doctor about lead screening
If you answered NO to all items, further testing for Lead is not indicated.

LIST A

Jobs/Hobbies With Increased Lead Risk

aircraft repair	jewelry maker
ammunition worker	miners
antique refinishing	painters
art restoration	plasterers
asbestos removal	plastics worker
auto body or mechanic	plumber & pipe fitter
battery maker or recycler	pool installer
boat builder, painter & repair	printers
brass & copper workers	recycling & scrap metal
brick layer	radiator repair
bridge, tunnel, tower worker	roofing
builder, carpenter, construction	renovator
cabinet maker	refinisher
cable layer & repair	rubber worker
ceramics, glazing & pottery	stained glass maker
electrician	sign painting
excavator	tile or wall paper worker
glass, lead & pewter worker	waterproofing
heating, a/c & ventilation	welders

LIST B

Remedies That Contain Lead

Albayalde	Ghasard
Alarcon	Greta
Alkohol	Hai Ge Fen
Al Murrah	Henna
Anzroot	Kandu
Azarcon	Kohl
Ba Bow Sen	Kushta
Bali goli	Luiga
Bint al dahab	Maria luisa
Bokhoor	Pay-loo-ah
Cebagin	Rueda
Chuifong tokuwan	Santrinj
Cordyceps	Saoot
Deshi Dewa	Surma
Farouk	

Many Herbal medicines

Pediatric Associates Ph#: 1-877-334-5437
www.pediatricassociates.com

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