

# Protect Your Child From Lead Poisoning



**Call the LeadLine**  
**1-800-368-5060**  
**Portland Metro 503-988-4000**  
**[www.healthoregon.org/leadpaint](http://www.healthoregon.org/leadpaint)**

Lead is a poison that can cause permanent brain damage and health problems. Anyone can get lead poisoning, but it is most dangerous to young and unborn children because their bodies and brains are still developing. Lead can make it hard for your child to read, learn and do well in school. Lead is found in paint, dust and soil in and around homes built before 1978. Lead can also be found in household plumbing or solder, home remedies, ceramics or pottery, and certain hobbies or jobs (remodeling, painting, making bullets, fishing weights and stained glass).

**Use the following checklist to protect your child from lead poisoning:**



## **Reduce the risk from lead paint**

- Keep paint in good condition
- Keep children and pets out of the home during repairs
- Learn how to safely repaint, remodel and maintain painted surfaces
- Hire only remodelers and painters who know how to work safely with lead paint

## **Keep your home clean and free of lead dust**

- Wet-mop floors and wet-wipe window sills and other surfaces
- Clean or remove shoes before entering the home
- Don't bring lead dust from hobbies or work into your home

## **Protect your child from lead**

- Wash your child's hands often, especially before meals and after playing outside
- Wash toys, stuffed animals, bottles and pacifiers often to remove lead dust
- Provide regular healthy meals and snacks to reduce the affects of lead
- Run water until it is cold for drinking, cooking and making baby formula
- Do not use home remedies or cosmetics that may contain lead
- Do not use imported, old, or handmade pottery to cook, store or serve food or drinks
- If you think your child is at risk for lead poisoning have your child's blood tested**

