

Child Safety

No level of lead in the body is safe!

Prevention

IOWA
LEAD
PROGRAM

Certification

Most children in Iowa are lead poisoned from ingesting and inhaling lead in paint, dust or soil. Children under 4 years in age are the most likely to become lead poisoned in the home and should be tested annually. If you are pregnant, lead can harm your baby.

Lead causes damage to the brain and nervous system. It also causes slowed growth and development, and hearing and speech problems. Lead can cause learning and behavior problems such as:

- ✓ Lower IQ
- ✓ Decreased ability to pay attention
- ✓ Under-performance at school

Get your child tested!

Most young children get lead poisoning from paint chips or lead in dust in homes built before 1978. Annual lead testing is the only way to know if your child has been exposed to lead.



Sources of lead exposure to children:

- 1 Homes (peeling paint, dust and soil)
- 2 Old toys and imported jewelry
- 3 Take home lead (parent is exposed to lead)
- 4 Candies from other countries/home remedies
- 5 Water (lead pipes)



Safety checklist:

- 1 Test your home for lead. Homes built prior to 1978 should be tested for lead by a certified lead inspector or by purchasing a lead test kit from a local home improvement store.
- 2 Keep children away from chipping and peeling paint inside and outside of the home, especially around windows.
- 3 Wash your child's hands after playing and before eating.
- 4 Feed your child healthy foods with iron and calcium.
- 5 Renovate safely.



Got lead? Get help!

For more information contact the Iowa Department of Public Health.



800-972-2026

idph.iowa.gov/Environmental-Health-Services/Childhood-Lead-Poisoning-Prevention

