



LEAD

What is Lead?

Lead is a metal found in nature. It is harmful to the body. Lead was used in paint before 1978. If a house was built before 1978, it probably has lead paint.

How can my child be exposed?

Children can be exposed to lead by household lead paint dust. Lead dust is created by chipping or peeling paint and the opening and closing of lead painted windows. Children bring this lead dust into their bodies when they put their hands or toys into their mouths.

What does lead poisoning do to my child?

Lead poisoning can damage the brain, kidneys and nervous system. Even low levels can slow a child's development and cause learning and behavior problems. Symptoms are not always visible.

How do I find out if my child has lead?

A simple blood test can tell you if your child has lead. Call your doctor, or if you do not have a doctor, call 617-534-5966.

How do I find out if I have lead in my home?

Get a lead inspection done by a licensed lead inspector. Free lead inspections are available by calling (617) 534-5966. You can also look in the yellow pages.

Three Steps to be Lead Safe

1. **A healthy diet.** Make sure your child eats lots of calcium, vitamin C, and green leafy vegetables (for iron).
2. **Keep it clean.** Wash your child's toys with warm water and soap. Wipe windows and doors with warm water and paper towels.
3. **Never disturb lead paint.** If you see flaking or chipping paint, call 617-534-5966 for a free safety check.

**For More Info Contact:
The Boston Childhood Lead Poisoning Prevention Program
617-534-5966 www.bphc.org/leadpoisoning**