

# THERE'S GOOD NEWS.

→ **LEAD POISONING IS PREVENTABLE!**

**HELP PREVENT YOUR TODDLER FROM GETTING LEAD POISONING.**



Wash your child's hands before meals, snacks and naps.

Check your home and other homes where your child visits for lead-based paint that's chipping or peeling.



Regularly clean high-risk areas like windowsills, sashes and jambs, floors and porches to remove possible lead dust or paint chips.



Keep your child's play areas clean by wet mopping or wet wiping with a disposable cloth.



Wash your child's toys, blankets and pacifiers often.

**Get your toddler tested for lead poisoning EARLY AND OFTEN!**



Visit the Childhood Lead Poisoning Prevention Program page at [idph.iowa.gov](http://idph.iowa.gov) or call 1-800-972-2026 for more information about preventing childhood lead poisoning.

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# CHECK YOUR HOME - AND TODDLER - FOR LEAD!

**PREVENT LEAD POISONING.**



# SO, WHAT CAUSES LEAD POISONING?

**GOOD QUESTION!**

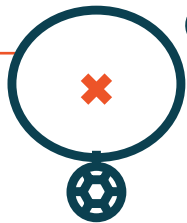
Lead poisoning happens when children have too much lead in their bodies. It's usually caused when toddlers come in contact with lead-based paint chips or lead dust found in homes built before 1978. So if toddlers live in or visit older homes, it's especially important to get them tested!

## THERE ARE MANY WAYS TODDLERS CAN GET LEAD POISONING.

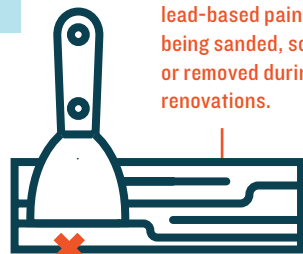
Putting lead-based paint chips or dust in their mouths.



Chewing on items that may contain lead, including toys, jewelry or household items.



Placing dusty or dirty hands, toys, bottles or pacifiers in their mouths.



Breathing in dust from lead-based paint that's being sanded, scraped or removed during home renovations.



Playing in dirt or a sandbox near an old building or where an old building was torn down.

**KEEP TODDLERS AWAY FROM LEAD!**

Did you know lead is highly toxic and can cause developmental delays, learning difficulties, headaches and more? That's why it's so important that children – and especially toddlers – don't come in contact with lead! It's also why it's important for parents to get them tested for lead poisoning early and often.

## WHAT ARE THE SYMPTOMS OF LEAD POISONING?

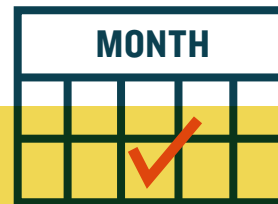
**MOST TODDLERS WITH LEAD POISONING DON'T LOOK SICK**, which can make it hard to diagnose. The only way to tell for sure if children have lead poisoning is to have their blood tested.

### SOME SYMPTOMS INCLUDE:

- > Get easily excited
- > Problems paying attention
- > Stomachaches and headaches
- > More tired than usual



MONTH



**TEST ONCE A YEAR. EVERY YEAR.**

**Ask your health care provider to do a blood lead test at your child's yearly checkup.**

All Iowa children must be tested for lead poisoning before starting kindergarten. But the Iowa Department of Public Health suggests that children should be tested for the first time when they're 12 months old and then get tested at least once a year until they turn 6 years old.

## WHAT HAPPENS IF YOUR TODDLER HAS LEAD POISONING?

If your toddler is found to have lead poisoning, someone from a local health or housing agency or the Iowa Department of Public Health may contact you. They will help you figure out how your child is getting exposed to lead and what can be done to take care of the problem.