Beware of Lead Poisoning: Protect your family

What is lead poisoning?
Lead is a metal that can be harmful to humans. Lead poisoning is caused by swallowing or breathing in lead. Children younger than 6 are at higher risk of poisoning. If you are pregnant, lead can harm your baby.

3 Things You Can Do
To help lower your child’s lead level

1. Find lead in your home
Most children get lead poisoning from lead paint in homes built before 1978. Don't remodel or renovate until your home has been inspected for lead. Home repairs like sanding or scraping paint can make dangerous lead dust.

2. Wash you child’s hands regularly

3. Give your child healthy foods
These foods may help keep lead out of the body

Foods High in Calcium

Foods High in Vitamin C

Foods High in Iron

Why worry about lead?
Studies have linked lead poisoning in a child’s blood to many problems, including:

- Reduced intelligence
- Learning disabilities
- Behavior problems
- Impaired hearing

(over)
Some Common Sources of Lead:

- Paint and dust in older homes, especially dust from renovation or repairs
- Traditional folk medicine
- Candies, make-up and toys from other countries
- Imported lead-glazed pottery and leaded crystal
- Auto refinishing, construction and plumbing materials
- Drinking water from older plumbing fixtures
- Bullets
- Eating dirt
- Brass keys and fixtures
- Metal chain link fences
- Imported spices

Ask your healthcare provider and Tri-County Health Department about lead testing

Children with lead poisoning may not look or act sick. The only way to know if your child has lead poisoning is by getting a blood test. Ask your doctor for a lead test for your child.

Did You Know?

Under new legislation, schools in Colorado have the opportunity to obtain funds to test for lead in drinking water. [https://www.colorado.gov/pacific/cdphe/wq-school-lead-testing-grants](https://www.colorado.gov/pacific/cdphe/wq-school-lead-testing-grants)

Questions? For additional information, please visit the TCHD website: [www.tchd.org/Lead-Poisoning](http://www.tchd.org/Lead-Poisoning). Or, call 720-200-1563.