



## NO AMOUNT OF LEAD IS SAFE.

### Take these steps now to keep your family safe from lead:

- Schedule an appointment with a healthcare provider
- Learn how to identify possible sources of lead exposure and take action
- Keep children away from deteriorated painted surfaces, including peeling, chipping, crack and dust
- Take shoes off when entering your home
- Reduce dust in your home by wiping surfaces by using single wipes and safely dispose of them
- Renovating safely with lead-safe work practices

### For More Information:

 800-CDC-INFO (800-232-4636)

 [PreventLead.org](https://www.PreventLead.org)



# Understanding the Risk of Lead Poisoning

## Keep Your Family Safe from Lead



## What is Lead Poisoning?

Lead is a dangerous metal found in old paint, pipes, soil, some dishes, and some imported toys and goods. It can hurt our brains, kidneys, and blood. Kids under six are most at risk.

### Possible effects of lead poisoning:

- Brain, liver, and kidney damage
- Slow growth
- Trouble learning
- Hearing loss

*\*A blood test can find lead poisoning.*



## Where is Lead Found?

1. Old Paint: Homes built before 1978 may have unsafe paint.
2. Lead Dust: Even tiny dust from old paint can be dangerous.
3. Soil: Dirt or soil, near old homes, may be contaminated.
4. Water: Old pipes can have lead in drinking water.
5. Food: Lead can get into food from some dishes.
6. Other places: certain work sites, home remedies, and makeup.



## How to Reduce the Risk of Lead Poisoning

- Eat healthy foods with iron, calcium, and vitamin C.
- Keep your home clean by washing hands and cleaning floors.
- Have a professional remove lead safely.