



PREVENT LEAD POISONING FOR YOUR CHILD

GET YOUR CHILD TESTED

- Children under age 6 are at risk for lead poisoning.
- A doctor or Columbus Public Health can test a child's blood to measure lead levels.
- If you have a test done, ask for the child's exact blood-lead level. Don't accept a vague report that the level is "normal" or "negative." Write this amount down.

KEEP SURFACES CLEAN

- Household dust is a major source of lead for children. It can come from lead-based paint in older homes built before 1978, but also from paint dust blown through windows and dirt that is tracked into homes.
- Leave shoes at the door to avoid tracking in dirt.
- Wet-mop floors and wet-wipe surfaces once per week or more, especially window ledges.

KEEP PLAY AREAS LEAD-FREE

- Avoid letting children play in bare dirt that could have lead in it. Lay down a thick layer of sod or mulch, or make a sand box for your children to play in.
- Keep children's play areas and vegetable gardens away from the sides of your home or garage, where water drips down and dirt is more likely to have lead and flaking paint.

WASH UP

- Children are exposed to lead dust by putting their hands or toys in their mouths.
- Wash toys daily that are mouthed.
- Have children wash hands before eating, after playing outside, and before bed.

EAT WELL

- Good nutrition can protect children from the effects of lead. Children who don't get enough calcium, iron and vitamin C absorb more lead.

MORE INFORMATION from the Columbus Public Health, Healthy Homes Program

- Advice on how to prevent lead poisoning at (614) 724-6000.
- Free child lead poisoning testing for children ages 6 months to 6 years at (614) 645-5315.

QUICK GUIDE TO LEAD LEVELS

Blood-lead levels* and their effect:

Less than 5

There is no safe level of lead in a child's body—Studies continue to show harm at lower levels

5**

Decreased academic achievement, increased incidence of ADHD and problem behaviors

Less than 10

Decreased IQ, delayed puberty, reduced growth, and decreased hearing

10+

Can trigger a home inspection by local health officials to identify lead sources

45+

Chelation therapy recommended with medication that causes lead to be excreted in the urine

70+

Seizures, Coma, possible death

**levels in micrograms per deciliter of blood (µg/dL).*

**** New CDC action level set in May 2012**

Sources: USA Today, CDC