



# LEAD AND CHILDREN

## Is there lead in your child's environment?

- Lead is a poison that harms nearly every part of a child's body, especially the brain.
- Lead poisoning happens when too much lead gets into the body. In children, this happens when they breathe lead in, or eat or drink something that contains lead.
- Lead-based paint and lead-contaminated dust in houses and buildings built before 1978 are the most common sources of lead poisoning in children.

### Complete the following:

- ☐ Review this flyer.
- ☐ Ask your doctor to test your child's blood lead levels.
- ☐ Renovating a pre-1978 home?  
Hire a lead-certified contractor.
- ☐ Check often for recalled foods, toys, and more.

### Ask your doctor to:

- ☐ Test your child at age 1, and again at age 2.
- ☐ Test children aged 3 to 6 if they have not been tested before.

## For more information

Visit [dhhs.nh.gov/leadinfo](https://dhhs.nh.gov/leadinfo), email [leadinfo@dhhs.nh.gov](mailto:leadinfo@dhhs.nh.gov)



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**Children with blood lead levels of 3.5 mcg/dL or greater experience problems with their health and development.**

**Talk with your child's provider about next steps.**

**Learn more about follow-up testing [here](#).**

## **If your child has a high blood lead level, take action now:**

- ☐ Have a licensed inspector find the lead source in your home with x-ray technology.
- ☐ Use wet-method cleaning or a HEPA vacuum to clean lead dust.
- ☐ Never disturb lead-based paint without proper training.
- ☐ Wash children's hands, toys, stuffed animals, bottles, pacifiers, and teething toys with soap and water frequently.
- ☐ Feed your child healthy foods high in calcium, iron, and vitamin C, such as milk, lean meats, and fruit.
- ☐ Help your child's brain grow: enroll your child in an early education program, read to your child, and provide interactive learning.
- ☐ If your child has an elevated blood test, test all children under 6 years old in the home.

## **Where else might your child encounter lead?**

- Being in a house or child care center built before 1978.
- Spending time with people who have hobbies or jobs that expose them to lead.
- Mouthing keys, metal jewelry, or imported toys that may contain lead.
- Eating food stored in lead-glazed pottery or leaded crystal.
- Drinking water that contains lead.
- Cooking with or eating foods that contain imported spices, especially imported cinnamon, tumeric, cumin, chili powder, and saffron.
- Using home remedies like Azarcon, Bala Goli, Pay-loo-ah, and Ba-baw-san.

For a more complete list of lead sources, visit: [dhhs.nh.gov/programs-services/environmental-health-and-you/lead-poisoning-prevention-program/sources-lead](https://dhhs.nh.gov/programs-services/environmental-health-and-you/lead-poisoning-prevention-program/sources-lead)

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