



# SEASONAL HEALTH ALERT

Issued: October 1, 2018 For: Public Health Districts, Legislators and Media

Questions, contact WAPC, 24/7/365, by calling: 1 (800) 222-1222.

Media contact: Jennifer Monteleone, [jmonteleone@wapc.org](mailto:jmonteleone@wapc.org).

## Preventing Childhood Lead Poisoning

Lead poisoning is considered one of the most preventable environmental diseases among children. Knowing what to look for inside and outside your home may help prevent your child from possible exposure to lead, which can cause permanent behavior, learning and hearing problems, seizures, and even death.

### TIPS TO KEEP CHILDREN SAFE FROM LEAD EXPOSURE

- Test paint and dust in homes built before 1978.
- Remodel, repair, and paint old homes safely. Sanding or scraping paint can create lead dust. Use certified, “lead free” piping.
- Only use cold tap water for drinking and cooking.
- Clean screens and aerators in faucets frequently to remove captured lead particles.
- Wash children’s hands, bottles, pacifiers, and toys often.
- Remove shoes before entering your house to avoid bringing soil in the home.
- Wash hands often after working or playing outdoors.



### HOW CAN MY CHILD BE EXPOSED TO LEAD?\*

- The two main sources for lead exposure are: lead-based paint and lead-contaminated dust.
- Houses built before 1978 are likely to contain lead-based paint and release lead-contaminated dust.
- Children may also be exposed to lead through:
  - Drinking Water
  - Children’s Toys
  - Contaminated Soil
  - Hobby Hazards
  - Imported Candy
  - Jewelry
  - Lead Glazed Ceramic Ware, Pottery
  - Lead Paint Dust
  - Mini Blinds
  - Traditional Home Remedies

\*Source: Washington State Department of Health “Common Sources of Lead Poisoning”.

### WHAT SHOULD I KNOW ABOUT LEAD AND DRINKING WATER?\*

- Drinking water is typically NOT the main source of lead exposures in the United States.
- The only way to know the amount of lead in your household water is to have your water tested. Many certified labs in Washington state perform these tests for \$25 to \$50 per test. To find a certified lab in Washington state: <http://bit.ly/CertifiedWaterTestingLabs>.

### HOW CAN I FIND OUT IF MY CHILD HAS BEEN EXPOSED TO LEAD?

- Talk with your child’s healthcare provider about your concerns. A blood test is the only way to determine if your child has been exposed to lead.

**The Washington Poison Center is always here to help, 24/7/365, by calling: 1 (800) 222-1222.  
All calls are free and confidential.**

155 NE 100<sup>th</sup> Street, #100 Seattle, WA 98125-8007 P: 206-517-2350 F: 206-526-8490  
[www.wapc.org](http://www.wapc.org)

Updated: October 2018