



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 behavior, learning, and hearing problems, seizures, and (at very high levels) death.

How can my child be exposed to lead?*

- Two important sources of lead exposure are lead-based paint and lead-contaminated dust. Housing built before 1978 are likely to contain lead-based paint and release lead-contaminated dust.
- Children may also be exposed to lead through:
 - Children's toys
 - Jewelry
 - Drinking water
 - Dust/fumes from parent hobbies or work
 - Lead glazed ceramic ware, pottery
 - Traditional home remedies & cosmetics
 - Contaminated soil
 - Imported candy
 - Keys

*Source: Washington State Department of Health "Common Sources of Lead Poisoning".

What should I know about lead & drinking water?

- Drinking water is NOT typically a main source of lead poisoning in the United States. Lead in water usually comes from water distribution lines, household plumbing, or fixtures.
- 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. Find a certified lab in Washington state at <http://bit.ly/CertifiedWaterTestingLabs>.

Tips to keep children safe from lead exposure

- Test paint and dust in homes built before 1978. Learn about lead testing at <https://bit.ly/2ksKXTX>.
- Remodel, repair, and paint old homes safely, as sanding or scraping paint can create lead dust. It is safest to use a certified lead-based paint abatement provider, found at <https://bit.ly/2mcOGHs>.
- When remodeling or repairing housing, 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 in soil. Damp dust and mop regularly.
- Wash hands often after working or playing outdoors.

How can I find out if my child has been exposed to lead?

Bring this flyer to your child's healthcare provider to talk about your concerns. A blood test is the only way to determine if your child has been exposed to lead. The earlier lead poisoning is diagnosed, the more can be done to help your child.

Learn more about lead at <https://www.doh.wa.gov/CommunityandEnvironment/Contaminants/Lead>.