



# SEASONAL HEALTH ALERT

## Childhood Lead Poisoning

Issued: October 2022

Contact WAPC at [mryuk@wapc.org](mailto:mryuk@wapc.org) with questions

Lead poisoning can affect anyone and is one of the most preventable environmental diseases among children. Each year, **National Lead Poisoning Prevention Week (NLPPW, October 23-29)** calls on individuals, organizations, industry, and state, tribal, and local governments to come together to reduce childhood lead exposures by increasing **lead poisoning prevention awareness**.

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

A **blood test** is the only way to determine if you or your child has been exposed to lead. The earlier lead poisoning is diagnosed, the more can be done to help your child. Contact your doctor to schedule a blood test, and learn more from the [Washington Department of Health](#).

### How can my child be exposed to lead?\*

- The most common source of lead poisoning for kids is through **lead-based paint chips and dust**. Housing built **before 1978** is likely to contain lead-based paint.
- Children may also be exposed to lead through:
  - Children's toys
  - Jewelry and keys
  - Drinking water
  - Dust/fumes from parent hobbies or work
  - Lead glazed ceramic ware, pottery
  - Traditional home remedies & cosmetics
  - Contaminated soil
  - Imported candy
  - Imported spices and cookware

\*Source: Washington State Department of Health "[Common Sources of Lead Poisoning](#)"

### Tips to keep children safe from lead exposure

- Test paint in homes built before 1978. Learn about testing & how to safely remodel or paint old homes at <https://www.epa.gov/lead>.
- Dust with a damp cloth and mop regularly, especially around window frames and door frames.
- Wash children's hands, bottles, pacifiers, and toys often.
- Remove shoes before entering your house to avoid bringing in soil.
- Wash hands often after working or playing outdoors.
- Only use cold tap water for drinking and cooking and let your faucets run for 30-60 seconds each morning.
- Clean screens and aerators in faucets frequently to remove captured lead particles.

### What is Washington Poison Center doing to reduce lead exposure?

We continue to work with local and statewide partners to educate communities and healthcare providers about lead poisoning, sources of lead, and the importance of testing children for lead. If you are interested in receiving or being involved with our lead education, please email [mryuk@wapc.org](mailto:mryuk@wapc.org). Follow the Washington Poison Center's posts on [Facebook](#) or [Twitter](#) during NLPPW to learn more about what you can do to protect yourself and others from lead poisoning.



The Washington Poison Center is always here to help, 24/7/365.  
Call 1(800) 222-1222 for free, confidential, and expert poison information.  
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P: 206-517-2350 | F: 206-526-8490  
[www.wapc.org](http://www.wapc.org)

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