



SEASONAL HEALTH ALERT

Childhood Lead Poisoning

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Contact WAPC at 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 22-28) 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 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
 - Dust/fumes from parent hobbies or work
 - Contaminated soil
 - Jewelry and keys
 - Lead glazed ceramic ware, pottery
 - Imported candy and spices
 - Drinking water
 - Traditional home remedies & cosmetics
 - Aluminum cookware

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

Tips to keep children safe from lead exposure

- Old paint:
 - 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 and door frames.
- Soil:
 - Remove shoes before entering your house to avoid bringing in soil.
 - Wash hands often after working or playing outdoors.
- Water:
 - 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.
- Cookware and dishes:
 - Do not eat off glazed pottery.
 - Replace aluminum cookware with stainless steel. If replacement is not an option, [follow these tips](#) to reduce potential exposure.
- Wash children's hands, bottles, pacifiers, and toys often.
- If you use surma, kohl, kajal, or sindoor cosmetics, wash hands after use and do not use on children.