

Stay ahead of lead

Lead exposure can make it hard for children to learn, pay attention, and behave. Most children with lead poisoning do not look or act sick. The best way to determine if a child is impacted by lead is with a simple blood test.

Test children at **1 and 2 years**, or test once between **2-6 years**.

Where can children be tested?

Tests can be conducted by your child's pediatrician or through participation in an eligible program (e.g. Special Supplemental Nutrition Program) for Women, Infants, and Children (WIC).

Learn more about lead exposure:



How WI is preventing lead poisoning
Wisconsin Department of Health Services



Childhood lead poisoning prevention
Center for Disease Control & Prevention



Soil, paint, and dust testing
Wisconsin Occupational Health Laboratory



Water testing
Wisconsin Occupational Health Laboratory



Public water system testing
Wisconsin Department of Natural Resources



To learn more, scan the QR or visit: [GetTestedForLead.com](https://www.gettestedforlead.com)

Don't let lead exposure hold your child back.

Lead poisoning is 100% preventable!



Health impacts from prolonged lead exposure

- ! Difficulty learning
- ! Fatigue
- ! Delays in development
- ! Hearing loss
- ! Irritability
- ! Loss of appetite

Tips for living lead-free

Play Safely

- Keep children away from chipping paint or varnish
- Wash hands frequently, especially before meals, naps, and bedtime
- Dispose of recalled toys (recalls posted at cpsc.gov)
- Wash toys and pacifiers regularly

Where does lead come from?

Lead is a naturally occurring metal that can be found in the soil and in other items. Research shows that swallowing or breathing in lead dust or fumes is toxic. Lead can be found in paint and varnish in homes built before 1978. Since lead is soft, it was previously used to make pipes, which is why it can be found in drinking water. Prevention measures should be followed to reduce the risk of lead exposure.

Renovate Safely

- Use contractors certified by the State of Wisconsin

Live Safely

- If you have lead in your water, use bottled water or purchase a water filter that removes lead.
- If someone in the house works with lead, they should leave work clothing and gear outside, shower upon getting home, and wash work clothes separately

Common sources of lead include:



Paint and varnish in homes built before 1978



Items brought home from workplace where lead is present



Some soil and tap water



Souvenir items or toys made in other countries

Good nutrition can help.



If a child is exposed to lead, eating a balanced diet rich in iron, calcium, and vitamin C can help their body absorb less lead and help eliminate lead that's in the body.

Iron sources: Leafy green vegetables, raisins, beans, iron rich cereals, red meat, and nuts

Calcium sources: Dairy such as milk, cheese, yogurt, and dairy substitutes

Vitamin C sources: Oranges, bell peppers, broccoli, kiwi, cantaloupe, strawberries, and tomatoes