



What is lead?

Lead is a heavy metal with poisonous effects on the human body.



How does lead harm you and your child's health?



Pregnant Women?

Exposure to lead before and during pregnancy can be very harmful and can

- Increase the risk of miscarriage
- Cause a baby to be born too early or too small
- Hurt a baby's brain, kidney, and nervous system.



Where do you find lead?

Lead can be found throughout a child's environment

Lead-contaminated soil, local paints, metal and ceramic cookware, toys, spices, cosmetics, and some traditional medicines.

Occupation/Workplace: Parents working with or near lead-based products may bring lead dust back into the home on clothes, hair and shoes.

Common Sources



METALLIC & CERAMIC COOK/FOOD WARES



LOCAL PAINT



COSMETICS



SPICES



TOYS



UNSOOUND BATTERY RECYCLING

What are the symptoms of lead poisoning?

At low levels of lead exposure, there are no symptoms, even while lead is harming children. At moderate to high levels of exposure, there may be a variety of symptoms, such as



To prevent lead poisoning

Keep your home clean and dust-free: Clean your floors with a wet mop.

Wash children's hands and toys often: Wash your children's hands and teach them to wash their hands after outdoor play, before eating, and at bedtime.



Maintain good nutrition: Eat foods that are high in calcium, iron, and vitamin C. Children with a healthy diet absorb less lead.



Do not bring lead dust home from your work: For parents exposed or working in lead-contaminated areas (e.g., lead smelting plant, car repair shop), remove and wash clothes upon return home, and keep work clothes separate from other clothes. Keep work shoes out of the house.

