



Even a small amount of lead is dangerous for young children.

Continue reading for facts about lead and tips for how to keep your family safe.

There is no safe amount of lead.

Ask your health care provider about giving your child a blood lead test.

Learn More:



[www.vdh.virginia.gov/leadsafe/](http://www.vdh.virginia.gov/leadsafe/)



## A Parent's Guide to Lead

Information about lead and why your children should get a blood lead test.

# What is lead?

Lead is a metal that comes from the environment. **Even a small amount of lead is bad for our bodies.**

## Why should my child get tested for lead in their blood?

**Lead is more dangerous for young children** because they are still growing and developing. Getting a blood lead test for your child will help you know if they are being exposed to lead.

## How can lead harm my child?

Lead can cause **developmental delays** and **attention problems**. Children exposed to lead can develop **ADHD**. They can also have a **lower IQ**, and can have **trouble learning**.

Childhood lead poisoning is the most preventable environmental disease among young children.

Ask your doctor to give your child a blood lead test when they are **12 months old** and **24 months old**.



## Where does lead come from?

Lead can be found in a lot of different places. These are the most common:

- Flaking and peeling paint
- Soil
- Water from lead pipes
- Imported toys
- Folk remedies
- Certain ceramics and pottery

## What can I do to protect my children?

- Wet-wipe and wet-mop dusty surfaces
- Wash children's hands and toys often
- Prepare nutritious meals high in calcium, iron, and vitamin C
- Run water for 60 seconds before using it
- Don't let children play in bare soil