

## Tips for minimizing lead exposure

- ☐ Test your water by calling 504-52-WATER (92837). Install a faucet water filter to remove lead. To find a certified lead filter visit [info.nsf.org/certified/DWTU](http://info.nsf.org/certified/DWTU).
- ☐ Test your home for lead-based paint and if necessary, have a certified lead expert remove the paint per EPA guidelines. To find a certified expert in your area visit [EPA.gov/lead](http://EPA.gov/lead).
- ☐ Keep children from playing in soil. Opt for sandboxes or grassy areas away from the house where chipped paint may fall.
- ☐ Wash your child's face and hands regularly, especially before eating.
- ☐ Do not dry-sand during home renovations.
- ☐ Dispose of toys and other items recalled for lead content. For more information visit [CPSC.gov](http://CPSC.gov).
- ☐ Wash toys and stuffed animals regularly.
- ☐ Wet-mop floors and wet-wipe window sills and base boards weekly.



## For more information

[www.nola.gov/lead](http://www.nola.gov/lead)

[www.ldh.la.gov/lead](http://www.ldh.la.gov/lead)

[www.swbno.org](http://www.swbno.org)

[www.cdc.gov/nceh/lead](http://www.cdc.gov/nceh/lead)

[www.epa.gov/lead](http://www.epa.gov/lead)

[www.hud.gov/lead](http://www.hud.gov/lead)

[www.lsuagcenter.com/lahouse](http://www.lsuagcenter.com/lahouse)

[www.saferproducts.org](http://www.saferproducts.org)



# Lead Poisoning

What  
parents need  
to know



## What is lead?

Lead is a metal commonly found in the environment. In the past, lead was used in many household items and commonly used in products such as: paint, plumbing, and gasoline. Even though some products have been banned for use, there may still be lead traces in the soil from gasoline, in the water from lead plumbing, or in your home from paint products.

## Who can get lead poisoning?

Anyone can be at risk of lead poisoning, but the most vulnerable are:



Children under the age of 6 years old and, pregnant women.

## What are the effects of lead poisoning?

Lead poisoning has been shown to cause early births, stunted growth, learning delays, and behavioral problems. Very high levels of lead can cause death.

## How are my children exposed?



Children can be exposed to lead by breathing in or eating lead dust particles. This can come from:



Contact with paint chips or dust from houses built prior to 1978.



Contact with lead-contaminated soil from play-ground areas.



Drinking water in homes with lead pipes or service lines.



Playing with toys that have high lead content or have collected lead from its surroundings.



Breathing dust from home renovations.



Contact with adult work clothes; such as construction workers, auto mechanics, and painters.

## What is an acceptable amount of lead?



A child's blood lead level can be measured with a blood test. No amount of lead in the blood is considered safe, but the CDC declared that a level above 5 ug/dL shows that the child has been exposed to lead and requires case management.

## Places to get tested

Children should be screened for lead exposure at 12 and 24 months of age.

To ensure your child has been screened contact your local pediatrician or primary care physician. If you do not have one, visit:



Your local WIC clinic  
[nola.gov/health/programs/wic](http://nola.gov/health/programs/wic)



Spanish speaking services provided.  
[NOCHP.org](http://NOCHP.org)



For more information call 311  
National Lead Hotline:  
1800 424 LEAD  
1800 424 5323