

HOW LEAD AFFECTS YOUR CHILD'S HEALTH

What is lead poisoning?

Lead poisoning happens when you swallow or breathe in lead. Once in your body, lead can begin to affect your health. A person with lead poisoning may not look sick, or their symptoms may be confused for other conditions. There is no safe level of lead a child can have. Lead poisoning is 100% preventable.

How does lead poison your child's body?

It can:

- Slow growth
- Cause learning and behavior problems
- Cause hearing problems and headaches
- Damage the brain and nervous system

What are some signs of lead poisoning?

Lead poisoning can have no symptoms – even people who look healthy can have lead poisoning.

These are the symptoms of lead poisoning:

- Tired or cranky
- Vomiting
- Irritability
- Diarrhea / constipation
- Nausea
- Anemia
- High blood pressure
- Weight loss
- Convulsions / coma

How can lead enter my child's body?

- Putting their hands covered with lead dust in their mouths
- Putting objects that are made or contain lead in their mouths. *Examples:* bb gun pellets and fishing weights
- Eating paint chips or soil that has lead
- Breathing in lead dust

Questions about Lead?

- Ask your doctor for a blood lead test
- Call the Texas Childhood Lead Poisoning Prevention Program at 1-800-588-1248.
- For more information and materials, visit dshs.texas.gov/lead

Health Effects in Children

