

## Be in the Know about Lead Poisoning!

- Know that every young child in New Jersey is at-risk for lead poisoning.
- Know that a child between 6 months-3 years is at highest-risk.
- Know that lead affects a child's developing brain and nervous system.
- Know that the effects of lead are permanent.
- Know that a child with lead poisoning does not look or act sick.
- Know that lead poisoning can cause developmental delays, behavioral problems, and learning disorders.
- Know that a blood test is the only way to know a child has lead poisoning.
- Know that New Jersey law requires that all children be tested at ages 1 and 2 years.
- Know that children between 3-6 years, if they have never had a blood test for lead, should get one.
- Know that the effects of lead, even at blood test results less than 10 ug/dL (micrograms per deciliter), can make it hard for children to learn. These effects include: hyperactivity, aggression, attention deficits, lowered IQ, decreased hand-eye coordination, longer reaction times, speech and hearing problems, and difficulty acquiring language skills.
- Know that housing built before 1978, with chipping and peeling paint, along with lead-based paint dust are the primary sources of lead.
- **Know that parents can protect their children by learning how to prevent lead poisoning!**

Parents learning about Lead Poisoning



## Follow These Steps to Learn How to Protect Your Family

### Step 1: Test your home.

- Have your home inspected by a licensed lead inspector/risk assessor.
- Know that there is financial assistance available through the Lead Hazard Control Assistance Fund. (877-DCA-LEAD)

### Step 2: Test your child.

- Take your child to his/her healthcare provider. If you do not have insurance, free or low-cost testing is available from your local health department or Federally Qualified Health Center.
- Know what the test result means. The Centers for Disease Control and Prevention (CDC) defines lead poisoning as a blood lead level of 10 ug/dL (micrograms per deciliter) or higher.
- Blood lead levels 10 ug/dL or above will require retesting. Keep all appointments with your child's health care provider.

### Step 3: Protect your child.

- Wash your child's hands before meals and sleeping.
- Wash your child's hands after playing outside.
- Offer your child healthy foods with calcium and iron.
- Remove household dust using a wet sponge and mop.
- Learn how to safely renovate and remodel.



### Step 4: Share what you know with family and friends.

- All children living in New Jersey are required to get a blood test for lead.
- Adults can protect the children in their care by following these steps.

For more information on how to get your home tested, how to get your child tested, or how to protect your child contact:  
call

New Jersey Department of Health and Senior Services  
609-292-5666

or visit us on the Internet at

[www.state.nj.us/health/fhs/newborn/lead.shtml](http://www.state.nj.us/health/fhs/newborn/lead.shtml)  
[www.leadsafenj.org](http://www.leadsafenj.org)