

DEPT. OF HEALTH AND HUMAN SERVICES

# **Protect your child from lead**

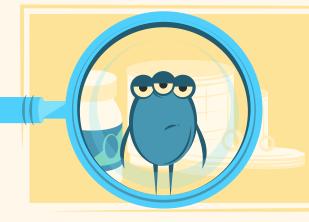
Is your child at risk of lead poisoning?

## Lead is a toxic metal that can impact your child's growth and development.

Lead-based paint is still found in more than 300,000+ homes across Nebraska. When lead paint peels and cracks, it makes lead dust. Children can be poisoned when they swallow or breathe in lead dust.



Homes built before 1978 may still have lead-based paint.



### Lead can be found in:

- Peeling paint and dust in homes built before 1978
- Soil around the home
- Dust carried in from parent's job
- Older water pipes and fixtures
- Some products like glazed pottery, cookware, toys, and jewelry
- Some spices, home remedies, and cosmetics from other countries

### Lead poisoning is 100% preventable.

Take these steps to protect your child:

- Visit the doctor and get your child tested for lead
- Keep children away from chipping and peeling paint
- Wash children's hands and toys often
- Wipe down window sills and mop floors often

- Get your home tested for lead
- Renovate safely to avoid creating lead dust
- Serve healthy foods rich in iron, calcium, and vitamin c

#### Is your child at risk?

Find resources and information at Leadsafe.ne.gov | 1-888-242-1100

#### Disclaimer:

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