



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District
www.c-uphd.org



TESTING FOR LEAD IN CHILDREN

Lead is a toxic metal that poses the greatest risk to children. Lead can also be passed from parent to unborn baby. It can be found in:

- Peeling lead paint/paint dust in homes built before 1978
- Drinking water that passes through lead pipes
- Certain toys, beauty products, and ceramics

QUICK FACT:

Illinois has one of the highest lead poisoning rates in the nation!

WHY IT'S IMPORTANT TO GET YOUR CHILD TESTED



LEAD HURTS THE BODY

There is no safe level of lead in the blood. Lead can harm your child's brain and nerves and can cause growth and learning issues. In very serious cases, it can cause coma or death.



HARD TO SEE SIGNS

Most people with lead exposure don't look or feel sick. Signs of lead poisoning are often hard to notice. That is why children should be tested at 1 and 2 years old. Doctors should also check for lead risk at every well child visit.



LEAD COMES HOME WITH YOU

Lead is sneaky- it can be brought home on your shoes, clothes, or work equipment. Some jobs and hobbies that can bring lead into the home include:

- Construction or home repair
- Auto repair
- Battery work or recycling
- Making pottery or stained glass



CDC Lead Poisoning Website



Illinois Department of Public Health Lead Resources

WHAT YOU CAN DO

If lead is found in you or your child's blood, early action can help reduce further exposure and protect your health.



TALK TO YOUR DOCTOR

Your primary healthcare provider can help explain test results, recommend next steps, and help you find local support.



REMOVE SOURCE OF LEAD

Finding and removing the source of lead is very important. This might include:

- Safely repairing peeling lead paint
- Washing hands and toys often
- Changing out of clothes and shoes before entering the home if you think you have been exposed to lead

Your local health department can also help you find where lead is coming from and suggest ways to lower your risk.



NUTRITION

Eating healthy foods can help keep lead out of the body. Foods high in iron, calcium, and vitamin C are found to work best.

TEST FOR LEAD AND PROTECT AHEAD!