# 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

High blood pressure

Convulsions / coma

Weight loss

### 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
- Diarrhea / constipation

Vomiting

Nausea

• Irritability

• Anemia

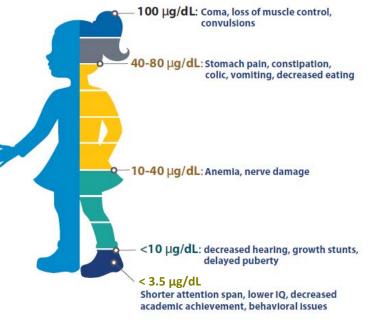
# How can lead enter my child's body? Health Effects in Children

- 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

micrograms per deciliter (µg/dL)





Texas Department of State Health Services

dshs.texas.gov