



Lead Can Cause Learning Problems

Lead is a poison that can be found in many places.

Sometimes, cosmetics (like kohl, kajal, surma), foods and spices, medicines, clay pots and dishes, and toys from other countries can contain lead. Lead is also often found in old paint.



Lead is especially dangerous for young children. It can cause learning and behavior problems.

Lead dust from peeling paint can land on window sills, floors, and toys. When children play on the floor and put their hands and toys in their mouths, they can swallow lead dust.

Most children with lead in their blood do not look or feel sick. A blood test is the only way to know for sure if your child has lead in their blood.



5 Simple Ways to Protect Your Child From Lead Poisoning

- 1** Report peeling paint to your landlord.
- 2** Remind your doctor to test your child for lead at ages 1 and 2. Ask the doctor about testing older children.
- 3** Wash floors, window sills, hands, toys, and pacifiers often.
- 4** Don't use cosmetics (like kohl, kajal, surma), foods and spices, medicines, clay pots and dishes, and toys from other countries. They may contain lead.
- 5** Feed your child healthy foods. Foods with Calcium, Iron, and Vitamin C may help keep lead out of the body.

