

# Lead and Children's Health

Lead is a naturally occurring metal formerly used in many products.

## Today, lead can be found in...

Lead-based paint used in old homes, toys and furniture, lead pipes or solder, and some imported products.

## Lead is harmful to children's health.

Children are susceptible to lead through dust, paint chips, soil, and contaminated water.

Lead exposure causes:



Behavioral and developmental problems



Gastrointestinal issues



Neurological issues

## Lead exposure can be prevented.

Have your home inspected for lead.



Have your tap water tested.



Encourage frequent hand washing.



Prevent children from putting painted objects or paint chips in their mouths.



Reduce dust with a wet mop and HEPA filter vacuum.



## Lead exposure can be treated.

Talk with your pediatrician about lead risk factors, especially if you have children 6 years and under. Children who are on Medicaid, living in poverty, foreign born children, and children living in older housing are at higher risk of lead exposure and blood lead screening may be warranted.



### Identify and remove or contain sources of exposure

Contract a licensed professional to prevent further exposure to children.



### Eat a diet high in iron, calcium, and vitamin C

Food with these minerals include milk, yogurt, green leafy vegetables, beans, cereal, and oranges.



### Medical interventions

Medications that remove lead from the body can be used if blood levels are 45 mcg/dL or higher.



Icahn  
School of  
Medicine at  
Mount  
Sinai

Children's  
Environmental  
Health Center

[www.cehcenter.org](http://www.cehcenter.org)  
[info@cehcenter.org](mailto:info@cehcenter.org)

@SinaiCEHC

Mount\_Sinai\_CEHHC

@MountSinaiCEHC

MountSinaiCEHC

August 2017