Children exposed to lead can have:

- Stunted growth.
- Mental problems like low IQ and/or learning problems.
- Severe lead poisoning, which can cause seizures, coma and even death.

Lead can be in:

- Paint on toys.
- Plastic parts of toys.
- Lead-based paint that is still in older homes. Paint can chip or form a harmful dust.
- Dust from toys that have lead in them or lead-based paint on them. Lead dust cannot be seen and has no smell.
- Soil, vinyl mini-blinds, imported candy, lead-glazed pottery, fishing tackle and some home remedies, such as azarcan and greta.
- Drinking water pipes with lead-based solder.

What can I do?

- Find out if your child’s toys have lead. Call the Consumer Product Safety Commission or check out its Web site at www.cpsc.gov. This agency can tell you about recalls of toys with lead and where to send a toy to be tested (Note: testing damages the toy so it may not be returned).
- Ask your doctor to do a simple blood test. It’s the only sure way to know. There is no safe level of lead in a child.
- Give your child a full, healthy diet with lots of calcium and iron such as milk, cheese, broccoli, collards, canned salmon and meats.
- Do not drink, cook or make baby formula with water from the hot-water tap.
- Run the cold water for 15–30 seconds before you use it to flush lead from pipes.
- Wash your child’s hands often, especially before they eat and after playing outside to help prevent lead poisoning.
What about home testing kits?
• Do not trust home testing kits.
• They don’t always show that lead is present when it actually is.

What should I do with contaminated toys?
• If a toy is recalled, return it to the manufacturer.
• Throw the toy out — do not donate it to a charity.
• Be sure to clean any other toys that were near the toy to remove lead dust.

What are some tips for buying lead-safe toys?
• Check for recalled toys with CPSC before you shop.
• Check CPSC to see which toy manufacturers are doing voluntary lead testing.
• Look at where the toy was made (some toys ‘made in China’ have had lead in them).
• Throw away toys with chipped paint or cracked plastic.
• Do not buy metal toy jewelry, such as toys in vending machines.

It can be hard to tell if your child has lead poisoning. Symptoms are not always present. Some common symptoms are:
• headache
• stomachache
• vomiting
• diarrhea
• muscle weakness
• irritability
• tiredness
• aggressiveness
• hyperactivity
• loss of appetite

Keep your child safe from lead!
Learn more from N.C. Childhood Lead Poisoning Prevention Program:
Call the Lead Hotline with questions.
1-888-774-0071 (toll free)

Don’t buy low-cost metal toy jewelry.

There is no safe level of lead in a child.

N.C. Children’s Environmental Health Branch:
www.deh.enr.state.nc.us/ehs/Children_Health/Lead/lead.html
Check for recalled toys by the Consumer Product Safety Commission:
www.cpsc.gov
Center for Environmental Health and Susceptibility:
cehs.sph.unc.edu