

Exposure to Dirt

COULD YOUR CHILD BE AT RISK FOR LEAD POISONING?



When children eat or accidentally swallow dirt, they are at risk being exposed to lead. Lead is toxic to the human body, and children are at greater risk for lead poisoning. Lead poisoning can cause short term and lifelong health effects for children, including stomachaches, headaches, trouble learning, behavioral problems, and developmental delays.



Children can develop lead poisoning by eating dirt, breathing in dust, and putting their dirt covered hands or toys in their mouths and not properly washing their hands with soap and water.



Lead in dirt can be found:

- Homes with old paint
- Near busy roadways
- Surrounding neighborhoods around airports
- In dirt yards
- Around old car parts
- Around old play structures and buildings

Lead poisoning can be prevented!



- Make sure any toys or furniture don't have paint chipping off.
- Covering bare dirt in the yard where children play with grass, ground cover or gravel
- Wash toys and hands regularly.
- Feed children healthy meals and snacks at least every 3-4 hours.
- Always wash fruits/vegetables from a garden before eating.

Ask your child's doctor for a blood lead test if you think they have been exposed to lead" or if your child is consuming dirt frequently.

For more information, call (559) 685-5800.



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