



How to Keep NH Kids Lead Free



Every year in New Hampshire, another 1,000 children test positive for lead...

Twice the national rate

How does lead poisoning happen?



Most lead poisoning is caused by dust from deteriorating paint in homes and buildings built before the 1978 ban on lead paint.



This lead-contaminated dust settles on floors, windowsills, and toys.



Children can become poisoned by either inhaling or ingesting lead dust.



Any possibility of disturbing lead paint, such as scraping or sanding, can create a lead hazard.

In states like ours, with 60% of homes built before 1978, it is unfortunately too common that children are exposed to lead.

SIMPLE STEPS

we can take to **prevent** or **reduce** exposure to lead.

1.

Test your child for lead exposure: All New Hampshire children should be tested at ages 1 and 2. Getting a blood test that measures the amount of lead in a child's body is the only way to know if poisoning has occurred. To have your child tested, call your child's physician.



2.

Find out if there is lead in your home. If your home is built before 1978 it is safest to assume that lead paint is present.

- ✓ Obvious hazards: Peeling, chipping paint
- ✓ Less obvious hazards: lead paint on friction surfaces, like windows and doors
- ✓ Buy a lead-test kit at a local hardware store

3.

Prevent exposure to lead. Any renovation, repair or painting activity should be done by a lead-safe certified contractor.

4.

Eliminate lead hazards. If hazards exist, consult a lead-abatement contractor. Before hazards are eliminated there are steps you can take to protect your family.



For more information visit: LeadFreeKidsNH.org