

# Children and Lead Poisoning

What every parent should know



# Lead is a poison

Lead is often found in old paint. Lead paint, and the dust it turns into, is the most commonly identified source of childhood lead poisoning in New York City.

Lead dust from peeling, cracked or loose paint or unsafe home repairs can land on windowsills, floors and toys. When children play on the floor and put their hands and toys in their mouths, they can swallow lead dust.

Lead can also be found in some consumer products, soil and plumbing.

Lead can cause learning and behavior issues in children. Most children with lead poisoning do not look or feel sick.

The only way to know if your child has been exposed is to get a blood lead test.



# Protect your child

- Remind your provider to test your child for lead poisoning at ages 1 and 2, and ask about testing older children. Call **311** to find a provider.
- Report peeling paint to your landlord. If the problem is not fixed or if you think repair work is being done unsafely, call **311** to request a free inspection.
- Wash floors, windowsills, hands and toys often.
- Remove your shoes before entering your home.
- Do not use products from other countries that may contain lead, such as certain foods and spices, medicines, ceramics, cosmetics, toys and amulets.
- Use only cold tap water to make baby formula and for drinking and cooking. Run the water for at least 30 seconds, until the water is noticeably colder. Call **311** to get a free lead test kit for drinking water. You will receive the results within 30 days of submitting the water sample.
- Give your child a well-balanced diet. Talk to your provider to make sure your child is getting enough calcium, iron and vitamin C.



Call **311** to learn more  
or visit [nyc.gov/lead](https://nyc.gov/lead).

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