



## What Does Lead Poisoning in Children Look Like?

### Symptoms of lead poisoning:

- Trouble talking, walking, or understanding
- Trouble paying attention or sitting still
- Being impulsive or easily distracted
- Trouble solving problems
- Headaches or stomachaches
- Vomiting
- Irritability
- Trouble eating or sleeping

***You may not observe any changes in your child right away.***

**Many children do not show any immediate signs of lead poisoning.** These children may not appear sick at all.

**Lead poisoning during pregnancy** can lead to miscarriages and low birth weight, as well as neurological and developmental delays in the child.

### Moving Forward:

Positive early childhood experiences can help limit the effects of lead on kids and improve their behaviors and readiness for school. Preschool and supportive homes are important because early education, having fun and spending time with caring adults helps kids succeed!

### Three ways you can help your child:

1. Talk with your child's doctor about potential lead exposure and have blood lead levels checked.
2. Enroll your child in an early childhood program such as Head Start or Great Start Readiness.
3. Read with your child every day!

**For More Information Contact Macomb County Health Department  
at 586-469-5236 or Visit [www.health.macombgov.org](http://www.health.macombgov.org).**

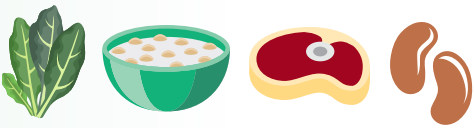



## Fight Lead With Nutrition

The foods we prepare and serve to our families can help limit the absorption of lead. Three steps you can take when choosing and preparing food can make a difference:

1. Choose a range of nutrient-dense food for overall health and to help make sure you have enough iron, calcium and vitamin C in your body.
2. Eat regular meals and snacks.
3. When preparing food, be sure to wash and cook with safe water.

### Key Nutrients

<p><b>IRON</b> can make it harder for lead to be absorbed in the body.</p>	<p>Sources of iron include:</p> 
<p><b>VITAMIN C</b> is important for skin and bone health. Together with iron it may also help reduce lead absorption. Vitamin C is found in many fruit and vegetables.</p>	<p>Sources of vitamin C include:</p> 
<p><b>CALCIUM</b> keeps your bones strong and can help reduce lead absorption.</p>	<p>Sources of calcium include:</p> 