

# Kids Run Better Unleaded!

**Lead** is a known toxin with no beneficial function in humans or animals. There is no safe level of lead in the body.

Childhood lead poisoning can result in reduced IQs, behavior problems, learning and developmental disabilities, brain damage, anemia, and in some cases, death.

Symptoms of lead poisoning can include irritability, headaches, difficulty concentrating, fatigue, reduced appetite, weight loss...or no symptoms at all.

Kids in Spokane get lead poisoning by inhaling, eating, or drinking lead that can come from cracking and peeling paint in the home, toys, contaminated beaches on the Spokane River, soils, and old drinking water pipes.

Help protect your children from lead poisoning by washing their hands frequently, making sure they have a diet rich in calcium and iron, and keeping your home clean and dust-free.

*Without blood lead testing, you may not even know that your child has lead poisoning!*

*Without testing your home, you may not even know that it contains lead!*

**Test your children. Test your home.**

## Should my child be screened for lead?

1. Does your child live in or visit a home built before 1950?  
yes no don't know
2. Does your child live in or visit a home built before 1978 with recent or ongoing remodeling or renovations?  
yes no don't know
3. Is the paint in any of these homes cracking, chipping, or peeling?  
yes no don't know
4. Does your child have a sibling that was diagnosed with lead poisoning?  
yes no don't know
5. Is your child enrolled in (or eligible for) Medicaid or WIC?  
yes no don't know

If you answered "yes" or "don't know" to any of these questions, your child should be screened for lead.

## FREE BLOOD LEAD TESTING

(for kids 6 and under)

**The Lands Council**

509.209.2403

khall@landscouncil.org

[www.landscouncil.org/water/reducing\\_lead.asp](http://www.landscouncil.org/water/reducing_lead.asp)

## FREE HOME LEAD TESTING

**Lead Safe Spokane**

509.625.6325

ptrautman@spokanecity.org

[www.spokanecitycd.org/housing](http://www.spokanecitycd.org/housing)

**SNAP**

509.744.3370, Ext. 244

wheeler@snapwa.org



## For more information:

EPA Lead Awareness Program

[www.epa.gov/lead](http://www.epa.gov/lead)

National Lead Information Center Hotline

**1.800.424.LEAD**

HUD Office of Healthy Homes  
and Lead Hazard Control

[www.hud.gov/lead](http://www.hud.gov/lead)

Consumer Product Safety Commission (CPSC)

[www.cpsc.gov](http://www.cpsc.gov)