



# PRESCRIPTION FOR PREVENTION KEEP YOUR FAMILY SAFE FROM LEAD



Lead is a toxic metal that was used in paint and in homes before 1978. Lead in the body can cause learning difficulties, speech, hearing and behavioral problems. Children under the age of six, pregnant women and nursing mothers are at the greatest risk.

Lead enters the body by breathing, eating or drinking items that contain lead or lead dust. It can be found in peeling and flaking paint. Lead may also be found in older plumbing in homes built before 1986.

## Action Plan: Here's how you can protect your family from lead

- Most people who have high levels of lead in their blood do not know it. They also may not look or act sick. A blood test is the only way to find out.
- Talk to your doctor about getting a lead test for you or your child if you believe you have been exposed to lead.
- Keep children away from peeling paint.
- If you rent your home or apartment and have issues with peeling paint and paint chips, talk to your landlord about making repairs.

Source: Alabama Department of Public Health: [alabamapublichealth.gov/lead](http://alabamapublichealth.gov/lead)



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Learn more about lead testing and treatment.

Contact: Alabama Regional Medical Services (ARMS)

205-407-5600

<https://alabamaarms.org>