

It only takes a very small amount of dust from lead paint—about as much as a few grains of sand—to have a very serious effect on your child's growth and development.

For more information, return this card or order online: [maine.gov/healthyhomes](http://maine.gov/healthyhomes)

**Send me a free lead dust test kit for my home.**

Send me information on (check as many as you would like):

- Testing my child for lead.
- Having my home inspected for lead.
- Learning about lead-safe home renovation or repair.
- Learning about other sources of lead such as soil, toys and old painted furniture.
- Learning how to protect my family from lead because my job involves painting or house repair.

Your Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This information will be used to help prevent childhood lead poisoning in Maine, and only for that purpose.

Please tear off this card and drop it in the nearest mailbox or order online: [maine.gov/healthyhomes](http://maine.gov/healthyhomes)



Environmental and Occupational Health Program  
Maine CDC  
11 State House Station  
Augusta ME 04333-0011



**Do you need to worry about lead poisoning? Look inside to find out.**

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Your home could be putting your child at risk for

# Lead Poisoning



**Free Lead Dust Test Kit!**





## The most common cause of childhood lead poisoning in Maine is dust from lead paint.

Lead dust collects on floors and other surfaces where children put their hands and play with toys. Children, especially those under 3, often put their hands and toys into their mouths. This makes it very easy for lead dust to get into, and damage, their growing bodies.

### Lead can cause:

- Learning disabilities
- Language or speech delays
- Behavior problems
- Lower intelligence
- Hearing damage

While lead paint can be found in houses and buildings built before 1978, most lead paint is found in homes built before 1950. **Is your home putting your child at risk?**



*"I didn't know there was lead paint here when we moved into this old building. Then we tested for lead dust—and the people at the lead program helped us figure out what to do. We had the kids' blood tested to make sure they were okay. We want the kids to be ready for school. I'm really glad we could do the tests."*

— Kym, Lewiston

## To keep your child safe from lead at home:

- ✓ Regularly clean floors, windowsills and tabletops with a wet mop or cloth.
- ✓ Always wash your child's hands after play, before meals, and before naps and bedtime.
- ✓ Frequently wipe down toys, clean stuffed animals, and wash bottles and pacifiers.
- ✓ Routinely check painted windows, doors and floors for peeling or chipping paint.
- ✓ Ask your child's doctor about a blood lead test.

## If you are renovating or repairing your home:

- ✓ Learn how to control and contain lead dust before you begin working.
- ✓ Keep children, pregnant women and pets away from work areas.
- ✓ Take a shower and change your work clothes before playing with, or handling, your child.
- ✓ Wash work clothes separately from family laundry.

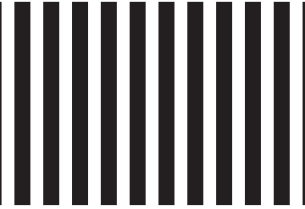
**Find out if your home has dust from lead paint. Order a free lead dust test kit today!**

**Mail in the enclosed reply card or order online:**  
[maine.gov/healthyhomes](http://maine.gov/healthyhomes)

**Questions? Contact us:**  
**Maine Healthy Homes & Lead Poisoning Prevention Program**  
**1-866-292-3474 (toll-free in Maine) • ehu@maine.gov**  
**207-287-4311 • TTY: Call Maine Relay 711**

**Keep your kids lead-free!**

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