

# Healthy News – Lead Poisoning

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**PROMOTE** Lead can be harmful to children, especially young children whose brains and bodies are still developing. Even low levels of lead exposure can affect learning, behavior, and development.

**Where can children be exposed?** Common sources of lead include:

- **Lead-based paint** in older homes, especially homes built before 1978
- **Drinking water** from lead pipes or plumbing
- **Some toys, jewelry, or imported products**
- **Contaminated soil and household dust**
- **Renovation or repair work** that disturbs old paint



**PREVENT** Lead poisoning can be prevented with a few simple steps.

- **Keep it clean:** Regularly wet-mop floors and wipe windowsills to reduce dust.
- **Wash little hands:** Encourage children to wash their hands before eating and after playing outside.
- **Keep paint intact:** Don't let children play around peeling or damaged paint.
- **Renovate safely:** If your home was built before 1978, use lead-safe practices when repairing or remodeling.

**PROTECT** There were 623 Nebraska children with confirmed elevated blood lead level in 2025, including 7 in the South Heartland Health District. The most common source of lead exposure for children in Nebraska is lead-based paint in homes built before 1978.

- **Make Your Home a Lead-Safe Space.**
- **Get your child tested.** Ask your healthcare provider about blood lead testing, especially if your child lives in or regularly visits an older home.

Questions about Lead Poisoning? Talk to your healthcare provider or contact SHDHD, 606 N Minnesota Ave., Hastings, NE, (402) 462-6211.

Sources: <https://dhhs.ne.gov/pages/lead.aspx>