

GET YOUR CHILD TESTED

Most children and adults who are exposed to lead have no symptoms. The best way to tell if you or your child has been exposed is with a blood lead test.

Lead can be harmful to children and have effects such as:

- Damage to the brain and nervous system
- Slow growth and development
- Learning and behavior issues
- Hearing and speech problems

This can cause:

- Lower IQ
- Decreased ability to pay attention
- Underperformance in school

If you think you or your child has been exposed to lead in water, contact your healthcare provider.

CONTACT US

Visit dhhr.wv.gov/wic
Email dhhrwic@wv.gov
Call 1-844-601-6881
304-558-0030

HOW CAN WIC HELP MY FAMILY

WIC provides nutrition, health education and other services, free of charge, to pregnant women, mothers, infants and children up to age 5.

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Fax:
(833) 256-1665 or (202) 690-7442

Email:
Program.Intake@usda.gov

Mail:
U.S. Department of Agriculture
Office of the Assistant
Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

This institution is an equal opportunity provider.



STAYING HEALTHY AT HOME

Lead Exposure

FIND OUT IF YOUR WATER IS CONTAMINATED

Sometimes you cannot see, taste or smell lead in drinking water. The best way to know your risk of exposure to lead in drinking water is to identify the potential sources of lead in your service line and household plumbing.

First source for testing and identifying lead contamination: your water provider.

Ask your water provider if you have a lead service line. Ask if there are any programs to assist with removal of the lead service line going to your home.

Ask to have your water tested.

REDUCE & ELIMINATE EXPOSURE

Drinking or using only tap water that has been run through a “point of use” filter to reduce or eliminate lead.

Drink or cook only with cold tap water. Water that comes out of the tap warm or hot can have higher levels of lead. Boiling this water will not reduce the amount of lead in your water.

Before drinking, flush your home's pipes by running the tap, taking a shower, doing laundry or doing a load of dishes.

Eliminate your exposure to lead in water by drinking or using only bottled water.

Lead poisoning is 100% preventable.

ZERO: Level of lead considered safe for children.



As we spend more time indoors, living in a healthy home is important.

The most common sources of lead in drinking water are lead pipes, faucets and plumbing fixtures.

Homes built before 1978 may still have pipes and fixtures containing lead.

HOW LEAD GETS INTO TAP WATER

Lead can enter drinking water when a chemical reaction occurs in plumbing materials that contain lead.

Corrosion - dissolving or wearing away of lead from pipes and fixtures into the water system.