• Wash your hands — especially before eating!
• When playing in the dirt, remember to keep your hands out of your mouth
• Drink lots of milk and eat your protein to get enough healthy minerals like iron and calcium
• Help to clean your home often by removing loose dirt and dust with a wet cloth
• Change into clean clothes after playing outside
• Play in parks and areas that are free of cars and trucks

What you can do about Larry Lead

• The good news: 95 percent of gasoline in our cars contains no lead
• Lead found in our blood has also declined over the past twenty years

• The bad news: The lead particles from years ago have remained in the environment, especially in older cities
• Scientists have discovered that smaller amounts of lead can harm the body

Larry Lead is still hanging around in the environment

WANTED: LARRY LEAD aka The Paint Chip Kid

FOR HANGING AROUND WHERE HE’S NOT WANTED

Word Find

BRAIN DUST KIDNEY LEAD
METAL PAINT SMOKE

Word Scramble

DLAE ELAGINOS
NOLUPLTOI
KISC

Don’t let Larry Lead scramble your brains!
What is lead? Lead is a metal found naturally and it is used to create many different products that people use, such as batteries, x-ray shields, and construction materials.

How does lead become a problem? Lead becomes a problem when it breaks down into tiny pieces that float in the air, harming people, especially children.

How does lead poisoning affect kids? Lead poisoning can affect many parts of the body, including:

- **Nervous system**: Behavioral problems, learning disabilities, seizures, nerve disorders, memory and concentration problems, and death.
- **Hearing problems**
- **Slowed growth**
- **Muscle and joint pain**
- **High blood pressure**

The U.S. Environmental Protection Agency is very worried about the effect of lead on children. Over the past decades, the agency has reduced the level of lead considered OK several times and continues to work to keep kids safe.

How does lead get into our bodies? We can breathe in dust or fumes from active or inactive manufacturing plants and lead factories that have burned and melted lead. We can also eat the lead in tainted food/dishes or lead pieces from the air that end up in our water, soil, and dust. Once lead is inside the body, it gets carried by the blood to the brain and can impair thinking, cause deafness, and make us shake.

Sources: Environmental Protection Agency, Centers for Disease Control and Prevention

FAST FACT! Think lead is that stuff in your pencil? Think again! Your pencil is made of graphite — a type of carbon, like charcoal.