

# Kids Run Better Unleaded!

**Lead** is a known toxin with no beneficial function in humans or animals. There is no safe level of lead in the body.

Childhood lead poisoning can result in reduced IQs, behavior problems, learning and developmental disabilities, brain damage, anemia, and in some cases, death.

Symptoms of lead poisoning can include irritability, headaches, difficulty concentrating, fatigue, reduced appetite, weight loss...or no symptoms at all.

Kids in Spokane get lead poisoning by inhaling, eating, or drinking lead that can come from cracking and peeling paint in the home, toys, contaminated beaches on the Spokane River, soils, and old drinking water pipes.

Help protect your children from lead poisoning by washing their hands frequently, making sure they have a diet rich in calcium and iron, and keeping your home clean and dust-free.

*Without blood lead testing, you may not even know that your child has lead poisoning!*

*Without testing your home, you may not even know that it contains lead!*

**Test your children. Test your home.**

## FREE home lead testing

### Lead Safe Spokane

509.625.6325

[ptrautman@spokanecity.org](mailto:ptrautman@spokanecity.org)

[www.spokanecitycd.org/housing](http://www.spokanecitycd.org/housing)

### Spokane Neighborhood Action Programs (SNAP)

509.744.3370, Ext. 244

[wheeler@snapwa.org](mailto:wheeler@snapwa.org)

## FREE blood lead testing for kids 6 and under

**Tuesday, October 21, 12:30-3:30 p.m.**

East Central Community Center

500 S. Stone

**Thursday, October 23, 8-11 a.m.**

Spokane Valley Community Center

10814 E. Broadway

### For more information:

509.209.2403

[khall@landscouncil.org](mailto:khall@landscouncil.org)

[www.landscouncil.org/water/reducing\\_lead.asp](http://www.landscouncil.org/water/reducing_lead.asp)



### For more information:

EPA Lead Awareness Program

[www.epa.gov/lead](http://www.epa.gov/lead)

National Lead Information Center Hotline

**1.800.424.LEAD**

HUD Office of Healthy Homes  
and Lead Hazard Control

[www.hud.gov/lead](http://www.hud.gov/lead)