

# You Can! Prevent Lead Poisoning!

## HERE'S HOW

Child's ID \_\_\_\_\_

Child's Name \_\_\_\_\_

Today's Date \_\_\_\_/\_\_\_\_/\_\_\_\_

### LOWER EXPOSURE TO PAINT AND DUST

- 1. **Check your house for peeling and chipping paint.** Clean it up, then prevent your child from reaching or touching those areas. Cover areas with contact paper or heavy tape or block them off with furniture.
- 2. **Don't play on porches.** Porches can have high levels of lead paint and lead dust.
- 3. **Cover older carpets.** They can be full of lead dust. Have child play elsewhere.

### DO SPECIAL CLEANING

- 4. **Wet mop floors** at least twice weekly. Add a detergent to the wash water. Rinse.
- 5. **Wash window sills** weekly.
- 6. **Wash window wells** at least monthly. Use paper towels for cleaning window wells. Do not rinse used paper towels. Just throw them away.
- 7. Put a washable **floor mat outside your front and back doors**. Wash them weekly.

### DECREASE EXPOSURE TO DIRT

- 8. **Don't let your child play in the dirt** next to buildings. The dirt there probably has lead.
- 9. **Wash hands** after outdoor play.
- 10. Have everyone **take off their shoes** when they enter your home.

#### Web sites:

- <http://www.childrensmrc.org/pprg> - resources for lead exposure prevention and reporting
- <http://sis.nlm.nih.gov/enviro/lead.html> - provides links to lots of sites and information
- <http://www.hud.gov/offices/lead/training/LBPguide.pdf> - lead paint safety guide

### STOP LEAD DUST FROM GETTING TO YOUR CHILD'S MOUTH

- 11. **Wash child's hands before eating and snacks.** Don't let child carry food around the house.
- 12. If **food** falls on the floor, throw it away.
- 13. If **bottles or pacifiers** fall on the floor, **wash** them before use.
- 14. Keep your child's **fingernails clean and trimmed**.
- 15. **Wash toys** that your child may put in his or her mouth.

### GOOD NUTRITION HELPS KEEP LEAD FROM ENTERING INTO YOUR CHILD'S BODY

- 16. Drink 2-3 cups of **MILK** daily.
- 17. Eat foods with **IRON** (like formula or cereals with iron, or meats) every day.
- 18. **Provide healthy foods**. Remember breakfast is an important meal.

### USE EXTRA CARE WITH HOME REPAIR

- 19. Keep **child out of the home** during repairs.
- 20. Repair creates lead dust. Do extra **SPECIAL CLEANING** before child returns.

### LOWER LEAD IN WATER

- 21. Use **cold flushed water** for drinking and cooking.