

# Lead Poisoning

## Protect Your Loved Ones

### Keep Children Away From Lead Paint and Lead Dust

- Keep children away from areas with chipping and peeling paint.
- Do not allow children to eat paint chips, eat soil, or chew on painted surfaces.
- Cover bare soil with grass, mulch, or wood chips, and prevent children from playing on bare soil that may be contaminated with lead.

### Keep it Clean

- Wash children's hands with soap and water often, especially before they eat and before bed.
- Wet-mop floors often. Use a wet paper towel to wipe down windowsills and other surfaces regularly. Do not dry sweep.
- Wash toys, pacifiers, and bottles with soap and water often.
- Clean carpets with a vacuum fitted with a HEPA filter if possible.

### Renovate Safely

- Make sure workers are trained in and use lead-safe work practices.
- Children and pregnant women should stay away from repairs that disturb old paint until area is cleaned.

### Serve Healthy Foods

- A balanced diet with foods that provide calcium, iron, and vitamin C may help keep lead out of the body.

### Avoid Products That May Contain Lead

- Includes traditional medicines, imported spices and cosmetics from other countries, and antique toys



**Do you have concerns about your home? Maybe we can help! Please call 1-888-669-7154 for more information!**

