



10 Tips to Help Keep Children Lead-Safe

1. Get every child aged **1 year – 6 years** TESTED for lead.
2. WASH children's hands, toys, pacifiers and bottles OFTEN.
3. Good NUTRITION—a diet with lots of CALCIUM and IRON (green veggies, Lean meat, low-fat milk, & 100% fruit juice) and low in fat is very important.
4. CLEAN WEEKLY—wet mopping floors and wiping window sills and wells with soap and water helps control lead dust.
5. DO NOT let children PLAY in BARE DIRT— Cover bare soil with grass, wood chips or bushes.
6. Make sure EVERYONE TAKES off their shoes or wipes them on a track mat before entering the house.
7. When using tap water, let the water run for 30 – 60 seconds until the temperature changes. DO NOT make BOTTLES or COOK with hot tap water.
8. When doing home repair or remodeling REMOVE children from home and CONSULT lead-safe work practice materials before starting any work that involves disturbing old paint.
9. Be sure that NO ONE brings lead home from work on clothes and shoes (especially those employed in auto mechanics or construction).
10. Help get the WORD OUT about LEAD Poisoning!