## 10 Tips to Prevent Lead Poisoning





Get every child **tested for lead** starting at age nine months, and retested yearly until age six.



**Wash** children's hands, toys, bottles, and pacifiers **often**.



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Feed your child a diet rich in calcium and iron (Fruits, vegetables, and lean meats). Give them whole milk until age two, and then 2% milk after that. Feed them a daily multivitamin. Avoid fatty and sugary foods.





**Wet clean weekly**. Mop all floors. Spray and wipe window sills, troughs, and baseboards.





Do not let children play in **bare dirt,** near windows, or on porches with **old paint**.





Take your **shoes off** at the door. You can track lead dust in from outside.





Only use **cold tap water** to cook or to make bottles. Allow water to run before you first use it. Hot tap water can contain lead.





When **repairing** or remodeling your home, do not let children near work areas. Clean thoroughly. **Work lead safe**.





Make sure that anyone who works in construction or auto repair changes their clothes and showers before greeting or holding children. Separate dirty work clothes from other laundry.





Get the **word out** about preventing lead poisoning!

