10 Tips to Keep Homes & Children Lead-Safe

1. Get every child ages 6 months to 6 years TESTED for blood levels EACH YEAR!

2. WASH children’s hands, toys, pacifiers and bottles OFTEN.

3. Good Nutrition- a diet with a lot of CALCIUM and IRON (green veggies, lean meat, low-fat milk, and 100% fruit juice) and low in fat is very important.

4. CLEAN WEEKLY- wet mopping floors and wiping window sills and wells with a phosphate cleaner (like CASCADE) helps control lead dust.

5. DO NOT let children PLAY in BARE DIRT- cover bare soil with grass or bushes.

6. Make sure EVERYONE WIPES their shoes, or take their shoes off before entering the house, especially when the house is painted and has a wood frame.

7. When making bottles or cooking with tap water, make sure it is cold water, not hot.

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!