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.

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!