



Lead Poisoning — 15 Common Sense Tips to Protect Your Family

- **Have your young child tested for lead poisoning.**
- Holiday & decorative lights may be a lead risk - Children should not handle the strings or trees & adults should wash their hands frequently or wear disposable gloves while decorating the house.
- Check for toy recalls weekly and sign up for email alerts at www.cpsc.gov and www.HealthyStuff.org Also, check our website for news & updates www.leadprevention.org
- Wash children's hands often, especially before they eat and before nap and bed time.
- Keep play areas clean. Wash bottles, pacifiers, toys and stuffed animals regularly.
- Clean or remove shoes before entering home to avoid tracking in lead from soil or from nearby construction.
- Make sure children eat nutritious meals high in protein, iron, calcium, Vitamin C and low in fat.
- Use only **cold** tap water for drinking, cooking, or making baby formula. Hot tap water may carry more lead leached from lead solder or old pipes. If the cold water has not been used for more than 2 hours, let it run one minute before using it.
- Some hobbies (i.e. fishing, shooting, painting, stain glass making) have lead risks, make sure you follow safety precautions.
- Don't leave toys outside - besides contaminants, the sun can destabilize PVC and once safe plastic toys can become a lead hazard.
- Some keys may have lead - Don't allow children to play with keys & don't put keys in your mouth when you need a third hand.
- If you have chipping, cracking, chalking, or peeling paint in your home.....Clean up paint chips immediately. Never dry sweep or dry dust—this can spread lead particles around your home. Use a vacuum with a HEPA filter. Wet clean (mop or swifter) floors, window frames, window sills and other surfaces weekly with a general all-purpose cleaner. (Thoroughly rinse sponges & mops after cleaning).
- Learn "lead safe" work practices before you remodel or paint. Call the EPA 1-800-424-LEAD, for free brochures such as "Reducing Lead Hazards When Remodeling Your Home" or download information from our website www.leadprevention.org.
- Have your home tested for lead hazards.
- Be cautious of products made in countries which do not have lead safety requirements, particularly if used for foods or for children. Australia, Europe, Canada and the United States have lead regulations. But YOU are the final line of protection for your family.

**For more information, call St. Louis Lead Prevention Coalition 314-664-9922
Or visit our website www.leadprevention.org.**