



## Lead Poisoning — 15 Common Sense Tips to Protect Your Family

- **Have your young child tested for lead poisoning.**
- Check for toy recalls weekly at [www.cpsc.gov](http://www.cpsc.gov) and check our website for news & updates [www.leadprevention.org](http://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.
- Holiday & decorative lights may be a lead risk - Children should not handle the strings or artificial trees. Adults should wash their hands frequently or wear disposable gloves while decorating the house.
- 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 causing some plastic toys to become lead hazards.
- Some keys may have lead - Don't allow children to play with keys & adults shouldn't put keys in their mouths when they need a free 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 floors, window frames, window sills and other surfaces weekly with a general all-purpose cleaner, using rags, mops or a Swiffer. (Wash or dispose of rags, 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](http://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. 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](http://www.leadprevention.org).**