

How to Protect Your Child from Lead Poisoning

Fix peeling lead paint and make home repairs safely.



- Keep children away from peeling or chipped paint.
- Before making repairs in a home built before 1978, call your local health department to learn how to work safely and keep dust levels down.
- Children and pregnant women should stay away from repairs that disturb old paint, such as sanding and scraping. They should stay away until the area is cleaned using wet cleaning methods and a HEPA vacuum (not dry sweeping).

Wash dust off hands, toys, bottles, windows and floors.



- Wash your child's hands and face after play, before meals, and before bed.
- Wash toys, stuffed animals, pacifiers and bottles with soap and water often.
- Mop floors often, and use damp paper towels to clean window wells and sills.

Be careful not to bring lead home on clothes, toys, or jewelry.



- Lead is in some children's jewelry, toys, keys, and old furniture. Sign-up for children's product recall alerts at www.cpsc.gov/cpsclist.
- Some jobs and hobbies can involve contact with lead. These include: painting, plumbing, construction, car repair, or working with firearms, stained glass or pottery. To lower lead dust, change work clothes before going home; take shoes off at your door; wash work or hobby clothes separately; wash face, hands and uncovered skin before going home.

Keep lead out of your food and tap water.



- Let tap water run for one minute before using it, if it hasn't been run for a few hours. Town and well water could have lead from old plumbing.
- Only use cold tap water for drinking, cooking, and making baby formula. Boiling your water does *not* get rid of lead.
- Use lead-free dishes. Don't serve or store food in pewter, crystal, or cracked pottery.
- Call your health department, or visit the website below, to see which dishes, spices, candy, cosmetics, and health remedies have been found to have lead.

Serve foods that have calcium, iron, and vitamin C.



- These foods help keep lead from being stored in your child's body.
- Foods with **calcium**: milk, cheese, yogurt, tofu, and green, leafy vegetables.
 - Foods with **iron**: beans, lean meat, fortified cereal and peanut butter.
 - Foods with **vitamin C**: oranges, orange juice, grapefruit, tomatoes, green peppers.

Find out more about lead.

- Talk with your child's doctor or nurse.
- Call your local health department, listed in the phone book blue pages. In New York City and Rochester, call 311.
- Visit the New York State Department of Health website at: www.nyhealth.gov/environmental/lead