

# Lead Safety for Everyone



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Lead poisoning is a serious problem. It's especially dangerous for small children and pregnant women, but it can strike anyone.

Lead poisoning can cause serious, sometimes permanent damage to our bodies.

That's the bad news.

The good news is that we can take steps to prevent lead poisoning.

Read these 16 tips and share them with the people in your life.

You can make a difference. You can help stop lead poisoning!

1. Before you rent, contact your state department of the environment or department of health and human services to make sure the apartment or house is certified lead-safe.
2. If you rent, tell your landlord about peeling or chipping paint.
3. Always clean paint chips as soon as you see them.
4. If you have lead paint, clean floors, window frames, windowsills and other surfaces weekly. Use a wet rag and mop instead of a dry one. Don't use the rags for anything else. And don't rinse the rags or mops in the kitchen sink!
5. Make sure kids don't chew windowsills or other painted surfaces.
6. Wash kids' hands A LOT, especially before meals and bedtime.
7. Wash bottles, pacifiers, toys and stuffed animals regularly.
8. Give kids low-fat meals high in iron and calcium. Kids with good diets absorb less lead.
9. Always wash fruit and vegetables before eating.
10. Don't store food in ceramic dishes or opened cans. They can both contain lead.
11. Always use the cold-water tap for drinking and cooking. Let the water run until it's as cold as it can get before you use it.
12. Don't boil water for formula or drinking. Boiling water increases the concentration of lead. Older homes sometimes have lead pipes.
13. Take off shoes when going inside. Don't bring lead from outside inside!
14. Plant grass or ground cover on soil where there might be lead.
15. Always wash and brush pets outside.
16. And finally, get tested! Children under the age of six and pregnant women should definitely be tested for lead poisoning. Others should be tested if you think you're at risk. The only definite way to know whether you have lead poisoning is by getting a simple blood test.