

Lead Poisoning Prevention Tips

Help Make Your Home Lead Safe* for Children During COVID-19 Outbreak

Walk through your home with these TIPS in hand...



*Older homes built before 1978 likely to have lead paint.

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For more information, search for **Child Lead Poisoning** at this link: www.odh.ohio.gov



It's important to both CLEAN and DISINFECT our homes to prevent disease. Cleaning with soap and water removes germs. Disinfecting uses chemicals to kill germs, after cleaning. Bleach and other common disinfectants can be dangerous, so how do we keep our families clean and safe?



Ohio Healthy Homes Network

COVID-19 Healthy Home Cleaning Guide

- DO** Keep cleaning/disinfectant products out of reach of children (i.e. NOT under the sink but on upper shelves, etc.)* Wash your hands after you use them!
- DO** Wash your hands frequently and thoroughly (like 20 seconds) with soap and running water – this is the BEST way to prevent disease.
- DO** Keep surfaces clean with soap and water or dish detergent; use vinegar mixed with water and a drop of dish detergent to scrub away mold and mildew; use baking soda as an abrasive scrub.
- DO** Use disinfectants like straight Rubbing Alcohol (70 – 91%) or Hydrogen Peroxide which dry quickly & aren't as harmful to your skin. Keep cleaning/disinfecting products in clearly labeled containers.
- DO** Use diluted bleach only as a last resort, see instructions below. Use bleach only to DISINFECT surfaces you touch frequently – like doorknobs, switches, faucet handles, remotes, etc. Follow all label instructions closely! Keep area ventilated: open a window and/or turn on the exhaust fan.
- X** Never ingest chemicals, and never spray them on people or into the air! Follow the label directions.
- X** Don't use household chemicals like bleach on your skin, especially not for washing your hands or bathing.
- X** Don't use bleach or other disinfectants for ordinary cleaning. Use disinfectants on surfaces that have first been cleaned with soap and water.
- X** Don't EVER mix household cleaners or disinfectants with each other – you could create poison gas. Mixing 2 effective cleaners or disinfectants doesn't create something even better – in fact it could be deadly.
- X** DON'T use more bleach than the label instructs. Using too much bleach will irritate your lungs, eyes, nose and throat, and cause asthma symptoms. Bleach can also react with other household products.

Liquid Bleach Mixing Guide

Mix Bleach with WATER ONLY, never mix with other cleaners or disinfectants. Diluted bleach loses its effectiveness after 24 hours – only mix what you need for a single day! Discard carefully by flushing. **To disinfect household surfaces – Mix 5 Tablespoons (1/3 cup) of Bleach per Gallon of water**, and keep in clearly labeled bottle out of reach of children.

Check the CDC's website at www.cdc.gov for detailed and up-to-date cleaning and disinfecting instructions, as well as other info about COVID-19.

*If ingested, call Poison Control at 1-800-222-1222.

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