

## EASY WAYS TO REDUCE LEAD IN YOUR CHILD'S ENVIRONMENT

Children get lead poisoning from swallowing lead dust on their hands and toys.  
The best way to prevent lead poisoning is to follow these simple steps:

1

### MAKE SURE THEIR HANDS AND TOYS ARE CLEAN

- ◇ Wash their hands often: before meals, before snacks, and at bedtime.
- ◇ Clean their toys with soap and water.

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### BUST LEAD DUST

- ◇ Using soapy water, wipe down surfaces in play areas and around windows with paper towel or disposable rags. Throw them away after cleaning. Be sure to also wear rubber gloves.
- ◇ Clean floors with soapy water and a mop. Throw away the mop head after cleaning.

3

### LEAVE LEAD OUTDOORS

- ◇ Place a long rug outside each door into your home. Replace each rug at least twice per year.
- ◇ Have everyone remove their shoes at the door.

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### PROVIDE A LEAD-SAFE PLACE FOR YOUR CHILDREN TO PLAY

- ◇ **Outside:** Have your children play on grass, not bare dirt. If possible, provide a place with clean sand to play in.
- ◇ **Inside:** Put a clean blanket on the floor or carpet for babies to play on, always the same side up. Wash it often.

5

### FEED YOUR CHILDREN HEALTHY FOOD — foods high in iron, calcium and Vitamin C may help keep lead out of their bodies

- ◇ Include foods high in **iron** – lean meat, liver, prunes, raisins, and cereal.
- ◇ Include foods high in **calcium** – milk, yogurt, cheese, green leafy vegetables
- ◇ Include foods high in **vitamin C** – oranges, tomatoes, and fruit juice.



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## MORE STEPS YOU CAN TAKE TO REDUCE LEAD HAZARDS

### PROTECTING YOUR CHILDREN

- ◇ Keep your children away from chipping, peeling and flaking paint. Do not allow children to suck on or chew painted surfaces or old painted toys.
- ◇ Provide pacifiers for infants to suck. Wash pacifiers often and pin them on a short ribbon to the child's shirt.
- ◇ Change and wash children's clothes daily.

### BUST LEAD DUST

- ◇ Always work wet when cleaning. Sponge mops work better than rag or string mops. If you have to sweep, wet the dust and drag it with the broom.
- ◇ Keep window sills and wells free of lead paint chips and dust -- wipe using soapy water, old rags or paper towels and discard rags after use.
- ◇ If windows frames are badly chipping, keep the bottom half closed and open the top half for fresh air.
- ◇ Throw out old, soiled carpets or cover floors with a clean carpet. Machine washable area rugs are also useful.

### LEAVE LEAD OUTSIDE

- ◇ Shake rugs, pillows, cushions, blankets and change vacuum bags outside.
- ◇ If you work with lead: Shower, wash hair and change clothes and shoes before returning home. Wash your work clothes in a separate load of laundry.
- ◇ Use long outdoor mats or rugs to wipe shoes or feet before entering the home. Replace outdoor mats and rugs at least twice a year. Covering front steps and porch with astro-turf also prevents lead from entering the home.

### LEAD-FREE PLAY

- ◇ Cover bare soil with grass, if possible. Otherwise, cover with a thick layer of gravel, wood chips, sand, or other ground cover.
- ◇ Hose down porches, driveways and sidewalks where children play.
- ◇ Build a sandbox with a bottom and fill with clean sand. Keep it covered when not in use.

### FOOD & DRINK

- ◇ If you have a vegetable garden, plant it away from old painted buildings or busy roads. Avoid growing leafy green vegetables.
- ◇ Use only cold tap water for drinking or preparing meals, drinks, or baby formula. When tap water has not been used for four or more hours, let it run until you feel a change in temperature.

### TEMPORARY REPAIRS

- ◇ Wherever there is loose or flaking lead paint, do not attempt to remove it yourself, except to damp mop it off the floor. Call the Cleveland Health Department or Environmental Health Watch for lead paint removal advice.
- ◇ Cover any loose, peeling or flaking paint with contact paper, duct tape or block it from a child's reach by putting a heavy piece of furniture in the way.