

Simple Steps You Can Take

to Protect Your Family from Lead Hazards

If you think your home has high levels of lead:

- Make sure your children eat healthy, low-fat foods high in iron, calcium, and vitamin C.
- Get your children tested for lead, even if they seem healthy.
- Get your home tested for lead if it was built before 1978. Call **1-800-424-LEAD** for more information.
- Always wash your hands before eating.
- Wash children's hands, bottles, pacifiers, and toys.
- Do not use imported pottery to store or serve food.
- Let tap water run for one minute before using.
- Use only cold water for making your baby's formula, drinking, and cooking.
- Regularly clean floors, windowsills, and other surfaces using wet methods that control dust.
- Wipe or remove shoes before entering your house.
- If you rent, it is your landlord's job to keep paint in good shape. Report peeling or chipping paint to your landlord and call your health department if the paint is not repaired safely.
- Take precautions to avoid exposure to lead dust when remodeling or renovating.
- Don't try to remove paint yourself!



For more information on childhood lead poisoning prevention:

Call

- Your child's pediatrician
- The National Lead Information Center
1-800-424-LEAD (424-5323)
- U.S. Environmental Protection Agency's (EPA)
Safe Drinking Water Hotline
1-800-426-4791



Visit

- EPA Lead Program Web site
www.epa.gov/lead
- U.S. Centers for Disease Control and Prevention (CDC) Web site
www.cdc.gov/nceh/lead
- U.S. Department of Housing and Urban Development (HUD) Web site
www.hud.gov/offices/lead

Exposure to lead can seriously harm a child's health.



Damage to the brain
and nervous system



Slowed growth
and development



Learning and
behavior problems



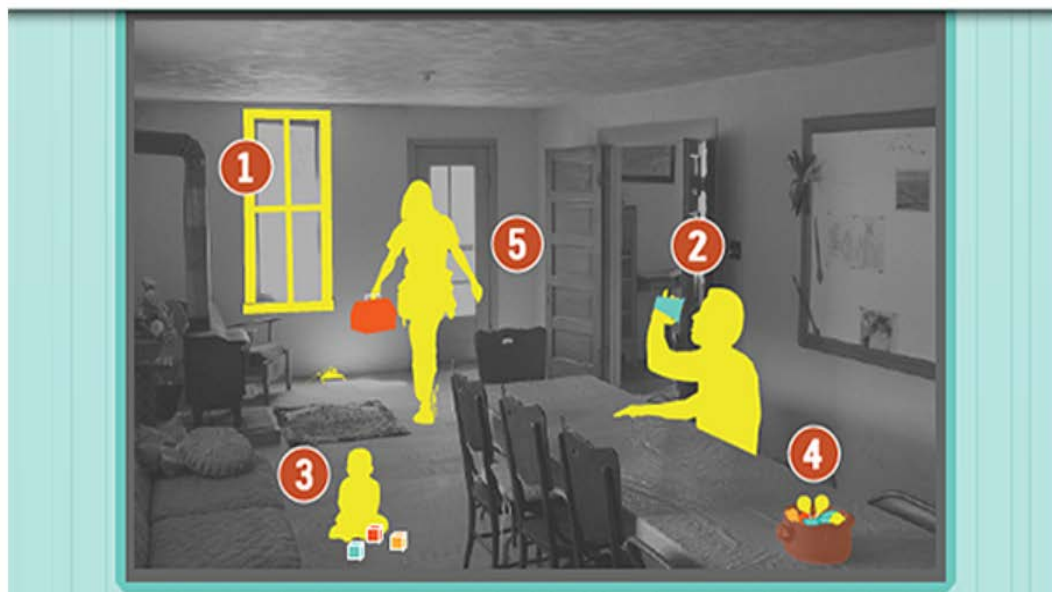
Hearing and
speech problems

This can cause:

- Lower IQ
- Decreased ability to pay attention
- Underperformance at school



Lead can be found throughout a child's environment.



Homes built before 1978 (when lead-based paints were banned) probably contain lead-based paint.



When the paint peels and cracks, it makes lead dust. Children can be poisoned when they swallow or breathe in lead dust.



Certain water pipes may contain lead.



Lead can be found in some products such as toys and toy jewelry.



Lead is sometimes in candies imported from other countries or traditional home remedies.



Certain jobs and hobbies involve working with lead-based products, like stain glass work, and may cause parents to bring lead into the home.

Lead Recalls



Visit the U.S. Consumer Product Safety Commission website to see product recalls related to lead and other hazards: <http://www.cpsc.gov/> 