



Ten Things You Can Do To "Get The Lead Out"

Have your child tested for lead

with a blood test during a regular pediatric visit. Children should be tested at about 12 months of age and again at 24 months. High risk children should be tested every 6 months until 2 years of age and then again each year until age 6. Always record the results of tests.



Wash children's hands

after play, before eating, and before bed. Wash their toys, pacifiers, and all other objects and toys children put in their mouths.



Use only lead free ceramics

for cooking or storing food. Pottery from foreign countries often times contains lead.



Feed your child

3 meals a day with foods high in **calcium** (milk, cheese, yogurt) and **iron** (lean meat, beans, eggs) and give them healthy snacks. Avoid foods that are high in fats and oils (fried foods, pastry, hot dogs, potato chips).



Use only cold water

from the cold water tap for cooking or for making baby formula. **Run water** from the cold water tap until the water temperature changes (usually about 1 minute).

Wet mop

with detergent, once a week on floors, window sills, furniture, or other surfaces that may contain lead dust.



Test

your home for lead if it was built before 1978 before renovating or repairing. Never sand blast paint.

Keep your child away from peeling or chipping paint



Cover bare ground

or soil you suspect may contain lead. Plant shrubs, grass, flowers, or other ground cover.



Recycle rechargeable batteries no longer in use