

Do's and Don'ts of Lead Poisoning Exposure

Do's



Do wash your child's hands and face frequently, especially before eating, naptime, bedtime, and after playing outside.



Do wash toys and pacifiers daily.



Do leave shoes at the door to keep dust and soil from entering your home.



Do give your child healthy meals and snacks that are high in iron, calcium, and vitamin C.



Do allow cold water to run for a minute before using it for food or drink preparation.



Do change out of work clothes before entering the house. Handle work clothing carefully and wash separately.

Don'ts



Don't let your child play in areas where bare soil is showing.



Don't place children's furniture or toys near chipping/peeling paint, specially near windows.



Don't let children touch or eat chipping/peeling paint, especially from windows or porches.



Don't prepare, store, or serve food in lead containing cans, crystal, or ceramic dishes made with lead glaze.



Don't give children candy or toys from other countries



Don't let children play with keys or any jewelry. Keys and jewelry may contain lead.



Don't use hot water from the tap for food or drink preparation or mixing baby formula.

