

How to Protect Your Child from Lead

Keep Children Away from Lead Paint and Lead Dust

- Keep children away from areas with chipping and peeling paint. Most homes built before 1978 contain lead paint.
- Do not allow children to eat paint chips, eat soil, or chew on painted surfaces.
- Cover bare soil with grass, mulch, or wood chips. Prevent children from playing in bare soil that may be contaminated with lead.



Keep it Clean

- Wash children's hands with soap and water often, especially before they eat.
- Wet-mop floors often. Use a wet paper towel to wipe down windowsills and other surfaces regularly. Do not dry sweep.
- Wash toys, pacifiers, and bottles with soap and water often.
- Clean carpets with a vacuum fitted with a HEPA filter if possible.



Renovate Safely

- Renovation and remodeling in older homes can create lead dust hazards.
- Make sure workers are trained in and use lead-safe work practices.
- Children and pregnant women should stay away from repairs that disturb old paint until area is cleaned.



Don't Bring Lead Home from Job or Hobby

- If parents work with lead, change work clothes and wash face, hands and uncovered skin before going home.
- Take work shoes off at your door.
- Wash work clothes separately from other family member's clothes.



Serve Healthy Foods

- Give your child healthy meals and snacks.
- A balanced diet with foods that provide calcium, iron, and vitamin C may help keep lead out of the body.



Avoid Products That May Contain Lead

- Avoid using certain products that can contain lead, especially if your child has an elevated blood lead level.
- These products include traditional medicines, imported spices and cosmetics from other countries, and antique toys.



For more information:

Nebraska Department of Health and Human Services
Childhood Lead Poisoning Prevention Program
Phone: 1-888-242-1100 | Web: www.dhhs.ne.gov/lead

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