

Anticipatory Guidance for Lead Exposure

Children

Keep Children Away from Lead Paint and Lead Dust

- Most homes built before 1978 contain lead paint.
- Keep children away from areas with chipping and peeling paint.
- Cover chipping or peeling paint to keep lead from spreading to surrounding areas.
- 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.

Wash Hands and Toys Often

- Wash children's hands often, especially before eating, sleeping, and after playing outside.
- Wash toys, stuffed animals, pacifiers, and bottles with soap and water on a regular basis.

Keep it Clean

- Keep the home clean and dust-free.
- Regularly clean floors, windowsills, and other surfaces with a wet mop or disposable rag.
- Take off shoes when entering the home.

Renovate and Repair Safely

- Renovation in older homes (pre-1978) can create hazardous lead dust.
- Children, pregnant women, and pets should stay away from repairs that disturb old paint until area is cleaned.
- Use lead safe work practices when remodeling or making repairs. Use wet cleaning methods and a vacuum fitted with a high efficiency particulate air (HEPA) filter.
- Make sure contractors are certified in lead safe work or lead removal.

Don't Bring Lead Home from Job or Hobby

- If parent works with lead, change work clothes and wash face, hands and uncovered skin before going home.
- Wash work clothes separately from other family member's clothes.
- Wear PPE and avoid generating lead dust and fumes.

Avoid Products That May Contain Lead

- Avoid using certain products that can contain lead. These products include traditional medicines, imported spices and cosmetics from other countries, and antique toys.
- Avoid using imported pottery and ceramics for food and drinks if you do not know if it contains lead.

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.