

How safe is your child?

More than half a million U.S. children are now believed to have lead poisoning.

A child can have lead poisoning and not look or act sick. Lead hurts a child's brain and causes problems that can't be reversed.



Lead Poisoning Prevention

10 tips on keeping your family lead-safe



Text **TIPS**, or **AVISOS** in Spanish to **69866**

You will receive one home and safety tip per week!

The service is free, though standard rates may apply from your carrier

- 1 Think better.** Lead poisoning can make it hard for children to think, pay attention, and behave. Get a blood lead test for your child at 1 and 2 years of age.
- 2 This Old House?** Paint used in houses built prior to 1978 is likely to contain lead. Keep the paint intact and make sure to learn about lead-safe work practices before working on the home.
- 3 Get the lead out—tidy up!** Soil and dust spread lead. Wet-mop floors, wet wipe windowsills, vacuum, dust and wash surfaces often.
- 4 Clean up that fun.** Give the kid's toys a bath—toys collect dust and dirt that often contain lead. Rub-a-dub-dub today.
- 5 Sweet tooth for Mexican candy?** Avoid tamarind and chili flavors for kids and pregnant women, they may have lead.
- 6 Don't bring work home.** If you work in painting, remodeling, auto repair, you might be working with lead. Change clothes before going home.
- 7 Easy on the bling.** Some children's jewelry may contain lead. Wash your child's hands often and make sure to keep it out of kid's mouths.
- 8 Home fix-up projects that expose old paint can create toxic dust.** Take steps to prevent dust from entering living areas and don't track-in dust. Learn about lead-safe work practices or hire a lead-certified contractor.
- 9 Did you know lead poisoning is most common environmental illness in U.S. kids?** Call your local Childhood Lead Poisoning Prevention Program if you have questions: www.cdph.ca.gov/programs/clppb
- 10 Well fed = less lead.** Feed your child foods with calcium, iron and Vitamin C to help them absorb less lead.



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