

10 ways to protect your child from lead poisoning

Lead poisoning can have lasting effects in children, from lower IQ to behavioral problems. It happens when people are exposed to lead—which is commonly found in paint, dust, soil and water—especially in homes built before 1978. Some simple steps can help us all *Get the Lead Out, Pittsburgh*.



1. Maintain paint

Routinely check for chipped, cracked or peeling paint



2. Drink up

Use an NSF-certified water pitcher or faucet-mount filter to remove lead from water, especially during a boil advisory



3. Chill out

Use cold water for drinking and cooking—never hot tap water—especially baby formula



4. Wash up

Make sure kids wash hands before eating, especially after playing in the dirt



5. Step up

Use a door mat at your entrance or be a shoe-free home



6. Clean up

Weekly, to reduce lead dust, use a mop, sponge or paper towel with water and cleaner on floors, window frames and windowsills



7. Cover up

Be sure to cover bare soil and use raised garden beds



8. Play safe

Antique wooden toys, cheap plastic jewelry and imported pottery may contain lead



9. Get tested

Your children, your home, your water, your soil—all should be tested for lead



10. Eat well

Foods rich in iron, calcium and vitamin C, and low in fat, can help prevent absorption of lead

Get the Lead Out, Pittsburgh

To learn more, get help or take action, visit: Gettheleadoutpgh.org