

10 THINGS EVERY PARENT SHOULD KNOW ABOUT LEAD POISONING PREVENTION



#1 If you are concerned your child may have been exposed to lead, get a simple blood test at the doctor's office.



#2 If you are concerned there may be lead in your home, call 311 in Buffalo. In Erie County, call the Health Department at (716) 961-6800.



#3 Wash your child's hands often, especially after playing outdoors, and before eating and sleeping. Wash toys and pacifiers regularly.



#4 Run cold water for 1-2 minutes before drinking, cooking, and preparing baby formula. Boiling water does not remove lead!



#5 Feed your child a healthy, low-fat, nutrient-rich diet—they may be less likely to absorb lead if their stomachs are kept filled with healthy food.



#6 Keep the area where your child plays, eats, and sleeps free from dust. Wet mop floors and wet wipe windows and surfaces at least once a week.



#7 Have everyone take off their shoes when entering your home to prevent lead-contaminated soil from getting in.



#8 Children and pregnant women should not be exposed to home renovations or damage to painted surfaces such as walls, trim, or doors.



#9 Outside, make sure kids play away from bare soil and from the sides of the house where chipped lead paint might be.



#10 Children can be exposed to lead in imported toys, ceramics, home remedies, spices, and cosmetics.

Any home built before 1978 (when lead paint was banned) may contain lead hazards. You may not know your child has lead poisoning — often, children with lower levels of lead look fine. It's important to have your child tested — there is no safe level of lead.

IF YOUR CHILD HAS HAD AN ELEVATED BLOOD LEAD TEST, WE CAN HELP! ENROLL IN OUR FREE PROGRAM AT [LEAD716.ORG](https://lead716.org) OR CALL (716) 874-7200 x168 FOR MORE INFORMATION.

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