

# Prevention of Lead Poisoning in Children

## Take steps to prevent lead exposure

**Check your home.** If you live in a home built before 1978, have your home checked by a licensed lead inspector. If you rent, ask your landlord to have your home checked.

**Check your drinking water.** Contact your water provider to find out if you have a lead service line connected to your home. If there is lead in your tap water, take steps to reduce or eliminate exposure by only drinking and cooking with cold water. Never cook or mix infant formula from the tap.

**Avoid products with lead.** This can include children's toys, traditional medicines, and cosmetics. See the resources section on the second page to find more information on products containing lead.

**Be safe in the kitchen.** Some imported or antique ceramics and pottery dishes are glazed with lead. This glaze can contaminate food with lead.

**Wash your produce.** Produce can be grown in soil that has been contaminated with lead. Washing your produce thoroughly under cold, running water can help to reduce the risk of lead consumption.

## Take steps to stay healthy and protect yourself

**Eat foods with calcium, iron and vitamin C.** A balanced diet that includes these nutrients frequently can help keep lead out of the body. Many of these foods can be bought with food assistance programs such as WIC and SNAP.

**Wash hands and toys often with soap and water.** Always wash your child's hands before eating or sleeping.

**Remove all shoes when you enter the house.** Take your shoes off when you enter the house to prevent spreading lead-contaminated dust through the home. If there are pets in the home be sure you are keeping their paws clean and free of lead dust too.

**Be safe when working with lead.** If you or someone who lives with you works with lead, have them change into clean clothing before coming home. Keep their work or activity shoes and tools outside and wash their clothes separately from the rest of the family's clothes.

**Clean up lead dust.** If you live in a home that may be contaminated with lead, use wet clean cloths, mops and microfibers or rags to clean up lead particles and dust. Clean floors, windowsills, and any other surface where lead contaminants may gather in your home.

## Learn More. Get Support.

**Make a plan with your doctor.** Work together with your doctor to find the best treatment plan for your child.

You may need to:

- Go back for a second lead test.
- Test your child for learning and developmental problems. This test is called a developmental assessment.

**Learn more. Get Support.** Contact RiverStone Health to get connected to more resources in Yellowstone County: 406.247.3305.

## Resources

To find currently recalled toys visit <https://www.cpsc.gov/Recalls>

To find a certified home inspector or risk assessor visit <https://www.epa.gov/lead>

For more information on lead in soil, visit <https://www.cdc.gov/nceh/lead/prevention/sources/soil.htm>

To find a contractor who is trained in lead-safe practices visit <https://cfpub.epa.gov/flpp/pub/index.cfm?do=main.firmSearch>

Report lead-based paint complaints, tips and violations at <https://www.epa.gov/lead/report-lead-based-paint-complaints-tips-and-violations>

To contact the National Lead Information Center call 800.424.5323