Lead poisoning can seriously harm a child's health. Protect Your Children

Clean Home

Simple steps for a clean home can help keep your children safe.

**Limit Dust**
- Keep shoes by door
- Change clothes if you are exposed to lead at work

**Wash**
- Wash hands, toys often
- Use soap and water

**Damp Clean**
- Use water, damp cloths, wet wipes, liquid cleaners
- If you can, vacuum with a HEPA filter vacuum

**Nutrition**
A healthy diet can help protect your child from the harmful effects of lead.

- Iron
- Calcium
- Vitamin C

Examples:
- Poultry, meat, fish, eggs, beans, lentils, leafy greens, fruit, milk, cheese, yogurt

**Potential Lead Sources**

- **Lead Paint**
  - In homes built before 1978: Chipped or peeling paint; lead-based paint dust

- **Dirt**
  - Dirt near airports, factories, highways, orchards
  - Eating dirt, stones, clay

- **Cosmetics**
  - Surma, kajal, or kohl may contain lead

- **Household Goods**
  - Antiques; imported pottery
  - Keys, batteries (e.g. in electronics)
  - Hobbies (e.g. stained glass, making fishing weights)

- **Toys**
  - Old painted toys
  - Old metal toys
  - Costume/bargain jewelry

- **Traditional Remedies**
  - Some have been shown to contain lead: greta, azarcon, paylooa, ghasard, bali goli, kandu, ba-bawsan, and daw tway

**Prevent Lead Poisoning**

For more information visit http://www.doh.wa.gov/lead or call the Washington Poison Center for free, confidential help, with over 200 languages available: (800) 222-1222

- **Repeat blood testing 3-6 months from first test for ALL newly arrived refugee children.**
- **Look for sources of lead at home, child care, school, or work.**
- **Talk to your doctor about blood lead testing if you have young children or are pregnant.**