



Short-Term Things You Can Do To Protect Your Family From Lead Poisoning

They are EASY and CHEAP and you can do them yourself!

If lead was found on windows or walls:

- Use a wet mop or sponge to clean floors, window frames, window wells, and other dusty areas at least 2 times a week. Use a mixture of 1 cup vinegar in 1 gallon of warm water.
- Keep children away from peeling or chipping paint by:
 - placing a piece of furniture in front of peeling surfaces
 - covering cracked or chewable surfaces with contact paper, cloth, canvas or tape
- Do not unnecessarily open and close windows with painted frame and sills. Pick-up and remove loose paint chips.

If lead was found on the porch:

- Collect loose paint chips from around the porch and dispose of them in a sealed bag. Use a wet mop or sponge to remove dust and smaller debris from the porch surface.

If lead was found in the soil around the house:

- Do not let children eat soil when playing outside. Don't let the children play within 5 feet of the house structure.
- Cover exposed soil by planting grass or shrubs or add crushed stone, hardwood mulch, ground cover, or a layer of lead-free soil.
- Relocate play areas for children, get a sand pile for them to play in, or encourage them to play in grassy areas.
- Have children wash their hands after coming inside, before naps, and at mealtime.
- Use doormats to avoid tracking in soil and leave all shoes at the door.

If lead was found in the water:

- Contact the local water authority if the water from the local source is contaminated. (Water Hotline 1-800-426-4791)
- Do not use hot tap water for drinking, cooking, or baby formula. Prepare formula with cool, sterile water. Let the cold water run for at least 1 minute before using for food or beverage preparation.
- Buy a water filter that removes lead or heavy metals.

If lead is found on your dishes:

- Do not use dishes identified with lead to eat or store food.
- Do not eat or serve from cracked or chipped dishes.
- Do not store food or beverage in lead-crystal containers or drink from lead-glazed mugs.
- Remove food from the can right away; do not store food in the can.
- Do not use highly decorated imported dishes or homemade ceramic dishes to store food or beverages unless it is marked safe for storing or serving food.

GENERAL TIPS:

- Make sure your children do not chew on window sills or other surfaces covered with lead-based paint.
- Wash off bottles and pacifiers if they fall on the floor. Wash toys and stuffed animals at least twice a week.
- Make sure your children eat well-balanced meals and drink plenty of milk. Don't let children go a long time between meals; an empty stomach absorbs more lead.
- Keep ceramic, stained glass, fishing, automotive, ammunition, and other do-it-yourself or hobby supplies away from children.
- Keep your house clean. Regularly clean with a damp mop or wet sponge to remove lead dust.
- Keep all follow-up appointments with the medical provider to have your children tested for lead.
- Keep your home in good repair. Water leaks from pipes, roofs, or outside cracks will let in dampness that causes paint to peel.
- Don't store or dismantle old batteries near your family.
- Do not scrape chipping or peeling paint from inside or outside your home and never burn painted wood in your fireplace or wood-burning stove.
- Do not dry sweep or vacuum with an ordinary vacuum cleaner. Lead dust is so fine it will pass through a vacuum cleaner bag and spread into the air you breathe unless it has a HEPA filter.

While you might want to save money by removing lead-based paint yourself, this is not a good idea. Using unsafe techniques to remove lead-based paint can increase the danger to you and your family.

Call the National Lead Information Center (1-800-424-5323(LEAD)) for information on how to locate someone to permanently eliminate Lead-Based Paint Hazards in your home.

**Alabama Childhood Lead Poisoning
Prevention Program (ACLPPP)
(833) 667-1495**



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