

Tips for Keeping Children Safe from Lead

October 2024

Here are things you can do right away to keep your child away from lead hazards:



Inside Your Home

- Block off areas of your home that have chipping or peeling paint. Use furniture to keep your child away, or cover the areas with plastic or tape.
- Do not let children eat food that has fallen on the floor.
- Wash pacifiers immediately if they fall on the floor.
- Wipe all surfaces that collect dust with a wet disposable cloth, starting with the rooms where children play. Follow lead-safe cleaning methods.
- Use a vacuum with a HEPA filter, and vacuum slowly.
- If work is being done on your home, make sure you or the workers are using lead-safe practices.
- Assume all vintage, antique and salvaged items contain lead. Repaint or seal them with polyurethane.



Outside Your Home

- Leave shoes at the door to avoid tracking in soil that contains lead.
- Keep children from playing near the foundation of your home.
- If someone in the household works with lead:
 - Shower and change your clothes and shoes at work, or as soon as you get home (and before touching anyone in your family).
 - Wash your work clothes as a separate load of laundry.
 - Use a separate work vehicle if possible. If not, keep your work clothes and other items in a separate bag.



Other Tips

- Wash your child's hands often, especially before meals, naps and bedtime.
- Keep children from playing with metal keys and touching dirty areas on cars or other vehicles.
- Run water until cold for drinking, cooking and making baby formula.
- Give your child foods high in calcium, iron and vitamin C.

Questions?

Go to <u>HealthVermont.gov/lead</u> or call the Healthy Homes Lead Poisoning Prevention Program at 802-863-7220.