

Tips for Keeping Children Safe from Lead

February 2026

Here are things you can do now to keep your child away from lead hazards.

If you need help accessing or understanding this information, contact AHS.HealthyHomes@vermont.gov.

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.