

# 5 Ways to Protect Yourself from Lead

**1**



Regularly wash hands and clean or remove dirt tracked into homes.

**2**



Talk to your healthcare provider about testing your children for lead poisoning.

**3**



Don't eat certain fish caught from the Big River. Check fish advisories.

**4**



Have the soil in your yard tested, especially where children play.

**5**



Avoid using untested soil and sod from the Big River and surrounding areas.