# Sample Social Media Posts for 2018 National Lead Poisoning Prevention Week

You can actively participate with HUD, EPA, and CDC to spread the word about National Lead Poisoning Prevention Week by sharing messaging on social media using the hashtags **#leadfreekids** and **#NLPPW2018** and tagging @HUDgov, @HUDHealthyHomes, @EPA, and/or @CDCgov to help mobilize individuals and communities to take action to reduce the risk of lead exposure in their environments.

This year HUD, EPA, and CDC will be posting social media messages corresponding to daily themes.

* Monday, October 22nd, 2018: How Do You Know if There is Lead in Your Home?
* Tuesday, October 23rd, 2018: Make Sure Children Have Safe Crawls
* Wednesday, October 24th, 2018: Speak to a Health Care Provider about Blood Lead Tests for Children
* Thursday, October 25th, 2018: Get Your Drinking Water Tested for Lead
* Friday, October 26th, 2018: Learn about the National Lead Information Center

You can retweet or share messages sent from these social media accounts, use the sample social media posts provided below corresponding to the daily themes, or write your own!

## Sample Social Media Posts Corresponding to Daily Themes

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| Daily Theme | Twitter | Facebook |
| **How Do You Know if There is Lead in Your Home?***Monday, October 22nd, 2018* | Talk to your state or local health department about testing paint and dust in your home for lead. #NLPPW2018 #leadfreekids<https://www.epa.gov/lead/understanding-inspection-risk-assessment-and-abatement>  | Do you know if there is lead in your home? Talk to your state or local health department about testing paint and dust in your home for lead. #NLPPW2018 #leadfreekids<https://www.epa.gov/lead/understanding-inspection-risk-assessment-and-abatement>  |
| Many homes built before 1978 contain lead paint. When lead paint gets old, it can start peeling. Find out more! #NLPPW2018 #leadfreekids<https://www.epa.gov/lead/protect-your-family-exposures-lead#sl-home>  | Did you know many homes built before 1978 contain lead paint on both interior and exterior walls? When lead paint gets old, it can start to peel or come off in pieces. #NLPPW2018 #leadfreekids<https://www.epa.gov/lead/protect-your-family-exposures-lead#sl-home>  |
| **Make Sure Children Have Safe Crawls***Tuesday, October 23rd, 2018* | Be sure to move children’s outdoor play areas away from bare soil and the sides of your home. Wet-mop floors and surfaces indoors often. #NLPPW2018 #leadfreekids<https://www.epa.gov/lead/learn-about-lead#exposed> | Did you know children’s hands and toys can pick up household dust or exterior soil contaminated by lead? Be sure to move children’s outdoor play areas away from bare soil and the sides of your home. Wet-mop floors and wet-wipe surfaces indoors often to reduce the risk of lead exposure! #NLPPW2018 #leadfreekids<https://www.epa.gov/lead/learn-about-lead#exposed> |
| Take off shoes when entering the house to prevent bringing lead-contaminated soil in from outside. #NLPPW2018 #leadfreekids <https://www.epa.gov/lead/learn-about-lead#exposed>  | Lead exposure is dangerous during early childhood development, particularly for children who crawl! Make sure to take off your shoes when entering the house to prevent bringing lead-contaminated soil in from outside. #NLPPW2018 #leadfreekids<https://www.epa.gov/lead/learn-about-lead#exposed> |
| **Speak to a Health Care Provider about Blood Level Tests for Children***Wednesday, October 24th, 2018* | Lead poisoning is preventable! A simple blood test can detect lead. Find out more from your state or local childhood lead poisoning prevention program! #NLPPW2018 #leadfreekids<https://www.cdc.gov/nceh/lead/programs/default.htm> | Lead poisoning is preventable! A simple blood test can detect lead. Find out more from your state or local childhood lead poisoning prevention program! #NLPPW2018 #leadfreekids<https://www.cdc.gov/nceh/lead/programs/default.htm> |
| There is NO known safe blood lead level. Act early and get your child tested! Blood lead tests are usually recommended for children at 12- and 24-months. Talk to your doctor or health care provider for more information. #NLPPW2018 #leadfreekids | There is NO known safe blood lead level. Act early and get your child tested! Blood lead tests are usually recommended for children at 12- and 24-months. Talk to your doctor or health care provider for more information. #NLPPW2018 #leadfreekids |
| **Get Your Drinking Water Tested for Lead***Thursday, October 25th, 2018* | You cannot see, taste, or smell lead in drinking water, but you can learn basic information about sources of lead in drinking water and suggestions for reducing exposure! #NLPPW2018 #leadfreekids<https://www.epa.gov/ground-water-and-drinking-water/infographic-lead-drinking-water>  | You cannot see, taste, or smell lead in drinking water, but you can learn basic information about sources of lead in drinking water and suggestions for reducing exposure! #NLPPW2018 #leadfreekids<https://www.epa.gov/ground-water-and-drinking-water/infographic-lead-drinking-water>  |
| Contact your local water authority for information about testing and identifying lead contamination in your water! #NLPPW2018 #leadfreekids<https://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water#findout> | Contact your local water authority for information about testing and identifying lead contamination in your water! #NLPPW2018 #leadfreekids<https://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water#findout> |
| **Learn from the National Lead Information Center***Friday, October 26th, 2018* | ¿Hablas español? ¿Tienes preguntas sobre el plomo? Call the National Lead Information Center toll-free hotline, 1-800-424-LEAD [5323] #NLPPW2018 #leadfreekids  | ¿Hablas español? ¿Tienes preguntas sobre el plomo? Call the National Lead Information Center toll-free hotline, 1-800-424-LEAD [5323] #NLPPW2018 #leadfreekids  |
| The National Lead Information Center (NLIC) provides information about lead, lead hazards and prevention to the general public and professionals. Call 1-800-424-LEAD [5323]. #NLPPW2018 #leadfreekids | The National Lead Information Center (NLIC) provides information about lead, lead hazards and prevention to the general public and professionals. Call 1-800-424-LEAD [5323]. #NLPPW2018 #leadfreekids |