

Understanding Lead

Preventing lead exposure in young children (under age six) is especially important because as their bodies grow and develop, they are more vulnerable to the permanent harmful impacts of lead. As parents, grandparents, teachers, tribal leaders and others who care about our community wellbeing, we can take simple actions right now to prevent lead exposure, which at the same time can benefit the overall health of our land and our families.



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Here are eight actions you can start taking today to reduce and prevent potential exposure to lead:

1. Clean your home once a week using a clean, wet or damp cloth, sponge or mop to minimize dust, which may contain lead.
2. Eat a well-balanced diet with foods high in calcium, iron and vitamin C to help reduce the absorption of lead in the body.
3. Use soap and water (warm or cold) to wash children's hands several times a day, especially after playing outside or with animals.
4. Play in grass and dirt not contaminated with lead, and use designated picnic, camping and hiking areas.
5. Hire a certified lead professional when renovation, repair or painting will disturb painted surfaces in a home built before 1978. Also, it's important to keep family out of the work area.
6. Change and wash clothes, remove shoes and shower to avoid tracking lead into the home from soil, work sites, or hobbies.
7. Wash daily any items your child uses regularly, such as pacifiers and toys, to minimize exposure to dust, which may contain lead.
8. Flush your home's pipes by running your tap, taking a shower or doing a load of laundry or dishes before drinking or cooking.



Scan the QR code or visit [epa.gov/lead/actions](https://www.epa.gov/lead/actions) for more ideas on how to reduce and prevent childhood lead exposure.

For more information or to ask questions about lead, contact the National Lead Information Center at **1-800-424-5323**.

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