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SP605-B-Preventing Lead Poisoning: Simple Things You Can Do at Home

The University of Tennessee Agricultural Extension Service

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Preventing Lead Poisoning

Simple things you can do at home



Tennessee Department
of Health

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UT Extension

SP 605-B

➤ **Keep your home clean and dust free.**

Remember to wet mop your floors every week. Wipe all window sills with a damp sponge. Use a household detergent made with phosphate when you clean. Wet mopping and dusting with a damp sponge or cloth will help remove lead dust from your home.

➤ **Always take off or wipe your shoes before you enter your house.**

Lead dust and soil can enter the home from outside. If you cannot take off your shoes before going into the house, thoroughly wipe them with a damp cloth or on a doormat.



➤ **Change out of work clothes.**

If you work in places such as radiator repair shops, battery manufacturing plants and lead smelters, you can bring home lead dust on your clothes and skin. Try to take a shower before coming home and put on clean clothes. If you do not know if your job has lead products, ask your supervisor.

➤ **Never sand, burn or scrape paint that contains lead!**

➤ **Test painted surfaces for lead.**

If you are thinking about remodeling, have the paint tested. There are certain things that you must do if working with lead-based paint. If you do not do the work in the right way, you can cause lead dust to scatter throughout your home. This can poison members of your family, your pets, even neighbors and friends.

➤ **Feed your family healthy meals and snacks.**

Eating regular, healthy meals and snacks helps children and makes it harder for lead to hurt them. Children should eat three healthy meals every day. Meals and snacks should include fruits, vegetables and calcium-rich foods like milk, cheese and yogurt. Include iron-rich foods like lean meat; dried fruits such as prunes, raisins and apricots; and dark green vegetables, as well as foods rich in Vitamin C, such as orange juice.

➤ ***Wash children's hands before they eat or drink! Always use soap and warm water.***

➤ ***Never use older dishes or imported and handmade dishes for cooking or serving food.***

Do not store food or drink in dishes that might contain lead-based paint. Check with your local health department or Extension agent on how to test for lead in dishes.

➤ ***Stay away from hobbies that use lead, especially if you are pregnant.***

These hobbies include working with stained glass, ceramics, shooting, soldering or fishing.

➤ ***Keep all children away from damaged paint.***

Never allow children near paint that is chipping, peeling or that can be chewed (like painted furniture).



➤ ***Avoid home remedies and cosmetics that contain lead, such as Azarcon, Greta, Pay-loo-ah and Alkohl or Kohl.***

These remedies and cosmetics contain a lot of lead and can make children very sick.



**Lead Testing at 1 and 2...
It's the Thing to Do**

TENNESSEE CHILDHOOD LEAD POISONING PREVENTION PROGRAM

SP605B-3M 5/09(REP) R12-5310-134-051-09 09-0247

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