

10 THINGS EVERY PARENT SHOULD KNOW ABOUT LEAD POISONING PREVENTION



#1 If you are concerned your child may have been exposed to lead, get a simple blood test at the doctor's office.



#2 If you are concerned there may be lead in your home in Niagara County, call the Department of Health at (716) 278-8588 or (716) 278-1900.



#3 Wash your child's hands often, especially after playing outdoors, and before eating and sleeping. Wash toys and pacifiers regularly.



#4 Children and pregnant women should not be exposed to home renovations or damage to painted surfaces such as windows, doors, walls, etc.



#5 Feed your child a healthy, low-fat, nutrient-rich diet—they may be less likely to absorb lead if their stomachs are kept filled with healthy food.



#6 Keep the area where your child plays, eats, and sleeps free from dust. Wet mop floors and wet wipe windows and surfaces at least once a week.



#7 Have everyone take off their shoes when entering your home to prevent lead-contaminated soil from getting in.



#8 Run cold water for 1-2 minutes before drinking, cooking, and preparing baby formula. Boiling water does not remove lead!



#9 Outside, make sure kids play away from bare soil and from the sides of the house where chipped lead paint might be.



#10 Children can be exposed to lead in imported toys, ceramics, home remedies, spices, and cosmetics.

You may not know your child has lead poisoning — children with elevated lead may seem fine. It's important to have your child tested — there is no safe level of lead. Children exposed to lead are at greater risk of learning disabilities, decreased intelligence, speech and hearing difficulties, attention problems and behavior issues. LEAD716 is working to minimize damage while the child is young and their brain is still rapidly developing.

IF YOUR YOUNG CHILD HAS HAD AN ELEVATED BLOOD LEAD TEST, WE CAN HELP! ENROLL IN OUR FREE EARLY LEARNING PROGRAM AT [LEAD716.ORG](https://lead716.org) OR CALL (716) 874-7200 x168 FOR MORE INFORMATION.

LEAD716