

# PROTECT YOUR CHILD FROM ... LEAD POISONING!

- Wash your children's hands and face frequently, especially before they eat or drink, and after playing outside. Wash toys, nipples and pacifiers often.
- Let the *COLD* tap water run for a few minutes before drinking, cooking or using in infant formula. Never use hot water for cooking, drinking or making infant formula. Lead is sometimes found in water pipes installed before 1986 or in the solder used to connect the pipes.
- Feed your children frequently - several small, low fat, nutritious meals a day. Lead is absorbed more quickly on an empty stomach and low fat foods that contain iron, calcium and vitamin C can help prevent the damaging effects of lead exposure.
- Do not use lead crystal or glazed pottery to hold food, especially items that were made outside the United States.
- Do not turn plastic food wrappers, such as bread bags, inside out and use for food storage or lunch bags, because the print may contain lead. Do not store food in cans after they have been opened.
- Make sure your children do not have access to peeling, flaking or chipping paint. Pay special attention to window sills and wells.
- Wash hard surfaces, window sills and baseboards weekly with a high phosphate cleaner (automatic dishwasher detergent mixed with water).
- Plant grass, ground cover or bushes around the outside of the house, since the high concentrations of lead in soil tend to be near surfaces that were painted outside. Don't let children play in the dirt.
- Make sure you are not bringing lead home from your job or hobby.
- Do not attempt a large, lead paint removal job (scraping, sanding or treating with heat) in your home by yourself. If you hire professional contractors, be sure they are trained and have the proper equipment to contain the lead dust.



**WEST WINDSOR HEALTH DEPARTMENT**

Serving the communities of West Windsor ■ Hightstown ■ Robbinsville