

At Risk for Lead in PAINT?

Lead is a potent toxin and can be found in paint, water and soil.

Lead is a serious health concern. Even small amounts of lead are harmful, especially to younger children and women of child-bearing age.

Lead was used in paint until 1978. The older your home, the more likely lead paint is present. Lead in paint is a danger to children if the paint is chipping, peeling, cracking or chalking.

What should you know?

- Look for lead paint (especially around windows, floors and doors) that is **chipping, peeling, flaking and dusty and looks like alligator skin**. Knowing how to identify lead paint in your home is crucial.
- **Scraping, burning, sanding or using a heat gun to remove lead paint creates dust and lead fumes into the air.**



What can you do?

- Use **paper towels, soap and water** to wipe surfaces where paint is chipping weekly.
- **Wash dust and flakes** off of hands, toys, bottles, clothes, windows, pacifiers and floors with soap and water. Hand sanitizer does not remove lead.
- **Paint over walls and doors where lead paint is present** or use a sealant to create a barrier against chipping paint flakes.
- **Leave your shoes at the door** to keep lead outside of your home.
- **See a doctor** if you're worried about lead exposure. **Consult a professional** for help removing lead from your home properly.



What should you NOT do?

- **DO NOT** dry scrape, power sand, burn or use a heat gun to remove lead paint.
- **DO NOT** dry sweep or vacuum paint chips.



Additional resources:

- **Get tested for lead exposure:** Contact your doctor, local WIC Clinic or your city's Health Department.
- Well Fed Means Less Lead!** See the reverse side for tips on protecting your family through the use of healthy foods.
- Visit GetWellFed.org for more information.



Get WELL FED

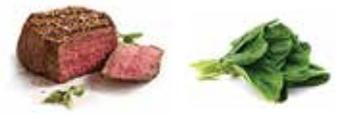


Exposure to lead can cause serious health concerns.

Even at low levels, lead is extremely harmful to infants, children and women of child-bearing age.

What you eat can help protect your family against lead!

Feed your family a healthy, balanced diet that contains good sources of iron, vitamin C and calcium.

IRON	VITAMIN C	CALCIUM
		
<ul style="list-style-type: none">• Red Meat • Fish • Beans• Lentil • Iron-fortified Cereals• Spinach	<ul style="list-style-type: none">• Oranges • Berries • Tomatoes• Bell Peppers• Dark, Leafy Greens	<ul style="list-style-type: none">• Milk • Yogurt • Cheese• Kale • Turnip Greens• Calcium-fortified Juices

What should you know?

- More lead is absorbed on an empty stomach. Infants and children absorb 5 to 10 times more lead on an empty stomach than adults.
- Exposure to lead is harmful to childhood development and can cause permanent behavioral and learning problems, a lower IQ, slowed growth and hyperactivity.
- Good sources of iron, vitamin C and calcium may lessen the absorption of lead into your body.

What can you do?

- Offer and feed your family regular, healthy meals and snacks to reduce lead absorption.
- Participate in free federal nutrition programs, such as WIC, Summer Meals, Farmers Market Vouchers, FoodShare (SNAP) and many others.
- Wash ALL fruits and vegetables thoroughly with cold water for 1 minute or until all dirt and dust is removed.
- When preparing food, always wash and cook with safe water.

Visit [GetWellFed.org](https://www.getwellfed.org) for more information.

Well Fed Means Less Lead | [GetWellFed.org](https://www.getwellfed.org) | **THE NUTRITION & LEAD TASK FORCE**