



# 5 Things you can do to help lower your child's lead level.

If your child has a high lead level, there are things you can do at home to help.

- 1 Make a plan with your doctor.**  
Work together with your doctor to find the best treatment for your child. Ask questions if you don't understand something.

**You may need to:**

- Go back for a second lead test.
- Test your child for learning and development problems. This test is called a "developmental assessment."

- 2 Find the lead in your home.**  
Most children get lead poisoning from lead paint in homes built before 1978. It is important to find and fix lead in your home as soon as possible. Have your home inspected by a licensed lead inspector.

Don't remodel or renovate until your home has been inspected for lead. Home repairs like sanding or scraping paint can make dangerous lead dust.

**3**

### Clean up lead dust.

When old paint cracks and peels, it makes lead dust. Lead dust is so small that you cannot see it. Children get lead poisoning from swallowing dust on their hands and toys.

- Use wet paper towels to clean up lead dust.
- Clean around windows, play areas, and floors.
- Wash hands and toys often with soap and water. Always wash hands before eating and sleeping.
- Use contact paper or duct tape to cover chipping or peeling paint.

**4**

### Give your child healthy foods.

Feed your child healthy foods with calcium, iron, and vitamin C. These foods may help keep lead out of the body.

- Calcium is in milk, yogurt, cheese, and green leafy vegetables, like spinach.
- Iron is in lean red meats, beans, peanut butter, and cereals.
- Vitamin C is in oranges, green and red peppers, and juice.

**5**

### Learn more. Get support.

Contact your local health department. Trained staff will answer your questions and connect you to other resources in your community.

Dealing with lead poisoning can be stressful. Be sure to ask for support. You may want to talk to other parents who have children with lead poisoning.

**Contact us for more information:**

