Preventing lead exposure in young children (under age six) is especially important because as their bodies grow and develop, they are more vulnerable to the permanent harmful impacts of lead. As parents, grandparents, teachers, tribal leaders and others who care about our community wellbeing, we can take simple actions right now to prevent lead exposure, which at the same time can benefit the overall health of our land and our families.

**Clean your home once a week using a clean, wet or damp cloth, sponge or mop to minimize dust, which may contain lead.**

**Flush your home’s pipes by running your tap, taking a shower or doing a load of laundry or dishes before drinking or cooking.**

**Eat a well-balanced diet with foods high in calcium, iron and vitamin C to help reduce the absorption of lead.**

**Wash daily any items your child uses regularly, such as pacifiers and toys, to minimize exposure to dust, which may contain lead.**

**Use soap and water (warm or cold) to wash children’s hands several times a day, especially after playing outside or with animals.**

**Change and wash clothes, remove shoes and shower to avoid tracking lead into the home from soil, work sites or hobbies.**

**Play in grass and dirt not contaminated with lead, and use designated picnic, camping and hiking areas.**

**Hire a certified lead professional when renovation, repair, or painting will disturb painted surfaces in a home built before 1978. Keep family out of the work area.**

For more information, contact the National Lead Information Center (NLIC) at 1-800-424-LEAD (5323)
LEAD: SOURCES AND ACTIONS

Directions: The columns below contain information regarding potential sources of lead exposure and actions we can take to reduce exposure. Fill in the blanks using the best word from each column’s word box. Answers can be found at the bottom of the page.

<table>
<thead>
<tr>
<th>Potential Sources of Lead Exposure</th>
<th>Taking Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>boats</td>
<td>blood</td>
</tr>
<tr>
<td>lead-acid plants</td>
<td>cold</td>
</tr>
<tr>
<td>candles</td>
<td>chew</td>
</tr>
<tr>
<td>lead-based</td>
<td>painted</td>
</tr>
<tr>
<td>drinking</td>
<td>cleaned</td>
</tr>
<tr>
<td>mined</td>
<td>wash</td>
</tr>
</tbody>
</table>

- Lead has been used for a long time and can be found in many different products and places.
- Improper disposal or recycling of batteries may release lead into the environment.
- The paint used on some farming equipment and could contain lead.
- Lead has also been found in a variety of products found in our homes, including: imported scented toys, glassware, ceramic ware and cosmetics.
- Paint, if present in older homes built before 1978, may be a major source of exposure to lead to those who live there. Lead-based paint was banned for use in housing in 1978.
- The most common sources of lead in water are from lead pipes, faucets and fixtures.
- Lead ingested by animals absorbed by or found on the surface of can be passed along the food chain when they are consumed by both wildlife and humans.

- Inspect and maintain all surfaces to guard against deterioration.
- Do not let children on painted toys, window sills or other painted surfaces.
- Keep residents out of the work area during renovation or repair work which disturbs painted surfaces in older, pre-1978, homes and buildings until the work area is.
- Use only water for drinking, cooking and preparing baby formula.
- All food thoroughly with safe water sources prior to eating, including foods gathered in natural areas.
- Teach children to and remove their shoes and to wash their hands after playing outdoors.
- Contact your utility or a licensed plumber to determine if the pipe that connects your home to the water main (called a service line) is made from lead.
- The only way to know if a child has lead in their blood is to have a test.

Of all the actions mentioned today, I think would be the easiest for me to do in my home.