

# protect kids from lead

*If your home was built before 1978, use these tips to avoid lead exposure.*

- > Do not let your child put toys or objects that have been on the floor in his/her mouth.
- > Do not vacuum paint chips or dust.
- > Do not burn painted boards, newspapers, colored paper or magazines in a wood burning stove or fireplace.
- > Do not use hot water for cooking or preparing formula; let the cold water run 2-3 minutes. before using.
- > Wash your child's hands and face often, especially before eating.
- > Wash toys daily.
- > Feed your child three meals and two or three snacks, which are rich in calcium and iron.
- > Clean floors, walls, and window sills often with a wet cloth or mop.
- > Maintain regular visits to your health care provider.
- > Make sure children play in safe, areas with no exposed dirt.
- > Have your child tested for lead.

## *For More Information*

Centers for Disease  
Control and Prevention  
Center for Environmental  
Health

800.232.4636

<[www.cdc.gov/nceh/  
lead/lead.htm](http://www.cdc.gov/nceh/lead/lead.htm)>

Oklahoma Department  
of Environmental Quality  
405.702.4100  
<[www.deq.state.ok.us/  
AQDnew/lbp/lbp/htm](http://www.deq.state.ok.us/AQDnew/lbp/lbp/htm)>

National Center for  
Healthy Housing  
410.992.0712  
<[www.centerfor  
healthyhousing.org](http://www.centerforhealthyhousing.org)>

Environmental  
Protection Agency  
800.887.5888  
<[www.epa.gov](http://www.epa.gov)>

Oklahoma Childhood  
Lead Poisoning  
Prevention Program  
405.271.6617  
<[www.health.ok.gov/  
program/lpp/](http://www.health.ok.gov/program/lpp/)>





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