Keep your Child Away from Lead

Lead Tipsheet #5

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Here are 4 things you can do to keep your child away from lead. If you know that you have lead paint in your home or you think you might, use this tipsheet to help keep your children away from lead.

Toddlers at ages 1 and 2 are more likely to be around lead. They can get lead dust or lead paint chips into their bodies because they often put their hands, toys or other things in their mouths. They also play where lead dust may be–like on floors and near window sills.

1 Keep Play Areas Clean

Think about all the places in your home where your child plays.

- See if there is peeling or chipping paint. Pick up any paint chips and throw them away.
- Wash the floor or vacuum the carpet often (use a HEPA vacuum).
- Put furniture in front of window sills with chipping paint so your child can't get to them.
- If you live in an apartment, don't let children play in the hall, stairs or on the porch.

2 Wash up Dust

A little bit of lead dust can easily spread over your entire house or apartment. Frequent cleaning using wet mops and rags can help reduce the amount of lead dust in your home.

- Wash window sills, trim around windows and doors and other areas children touch.
- Wash floors once a week.
- Go to the homeowners' section at maine.gov/healthyhomes for more information.

3 Test Your Child for Lead

Talk to your child's doctor about a blood lead test for your child.

- 1- and 2-year-olds should have a blood lead test. MaineCare requires it.
- If your child's blood lead test comes back high, your child will need other lead tests to make sure the lead is leaving the body.
- Make sure you go to all the appointments with your child's doctor.
- Go to the parents' section at maine.gov/healthyhomes for more information.

4 Keep Lead Out of your Child's Mouth

- Wash hands before eating and sleeping.
- Wash toys weekly.
- Don't let children eat food or use pacifiers that have fallen on the floor.
- Feed children at a clean table or in a high chair.

Protect your family.

- Check this website: maine.gov/healthyhomes
- Call for advice: **866-292-3474 • TTY: Call Maine Relay 711**

Maine Center for Disease Control and Prevention
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