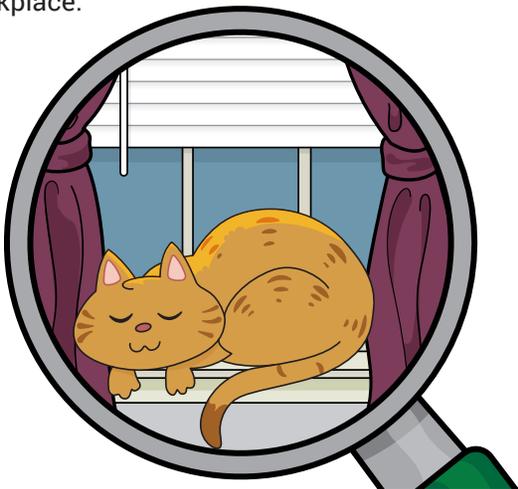


## What are some other possible sources of lead?

Pets might bring soil or dust containing lead into the home. If you live in an older home and the pets sleep on windowsills inside or under the porch or by the side of the house or garage outside, they might carry soil or dust into the house and to an area where your child is. You can help avoid this problem by keeping windowsills dusted with a damp cloth, and damp mopping bare floors often. It will also help to provide a clean, safe place for your pets to sleep.

Adults who have jobs or hobbies that involve lead might bring home lead dust on their clothing, lunch boxes, or in the family car. Some of these activities include remodeling or renovation of older houses, scrap metal recycling, ship repair, working on bridges and other large steel structures, radiator repair, working at a shooting range, and battery or demolition work. There are several ways to protect other family members from lead: shower before leaving work, change into clean clothes and shoes at work, put dirty work clothes and shoes into a plastic bag, and wash work clothes separately from all other clothes.

Visit [www.osha.gov](http://www.osha.gov) for more information on lead in the workplace.



## Nutrition Makes a Difference

- Serve three meals and two or three healthy snacks every day.
  - Less lead is absorbed when a child's stomach is full.
  - Use cold tap water for drinking and cooking.
- Cold tap water can contain less lead than hot water.
  - Let tap water run for two minutes before using.
  - Prepare infant formula with cold water.

**For more information, call  
1-866-4NO-LEAD  
(1-866-466-5323)**

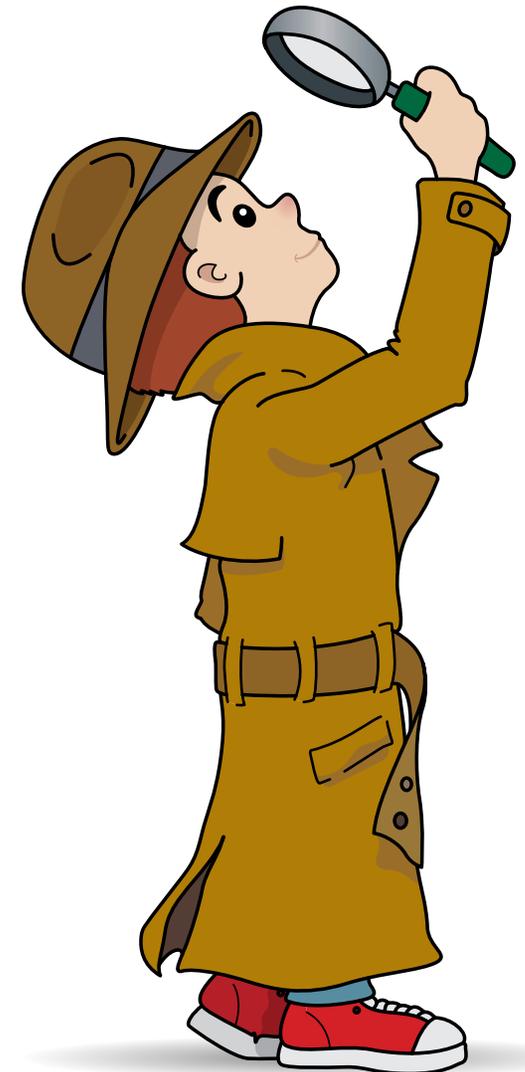


[www.scdhec.gov/childhoodlead](http://www.scdhec.gov/childhoodlead)

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# Look Out For Lead

## Finding Hidden Dangers in Your Home



# You Can Prevent Lead Poisoning in Young Children

Lead poisoning can be fatal. Do all you can to protect your child.

## What are the sources of lead?

- Lead-based paint
- Dust and soil
- Some vinyl miniblinds
- Some glazed pottery
- Car batteries
- Lead fishing weights
- Cosmetics such as Surma or Kohl
- Material for refinishing furniture
- Stained glass solder
- Water pipes with lead solder
- Lead ammunition for hunting
- Traditional medicines such as Greta, Azarcon and Pay-loo-ah

## How does lead get into my child's body?

Lead can enter the body when a person:

- Chews or eats something that contains lead; or
- Breathes dust that contains lead.



## What can I do to prevent lead poisoning?

- **Wash hands and faces often, especially before eating and after playing.**
  - Keep fingernails clean and trimmed.
- **Reduce lead sources in your home.**
  - Clean up paint chips and dust.
  - Look for "Lead Safe" or "No Lead Added" labels before buying vinyl miniblinds.
  - Don't vacuum paint chips or dust. Wet wipe or wet mop dusty windows and floors.

- **Keep playtime safe.**
  - Let children play in grass-covered areas or a clean sandbox.
  - Wash toys and stuffed animals often.
  - Don't let your child eat dirt or paint chips.
  - Don't let your child put toys or small objects in his or her mouth.
  - Don't let your child play with batteries or items used in hobbies such as stained glass or furniture refinishing.
- **Keep baby's bottle and pacifier nipples clean.**
  - Wash the nipple whenever the bottle or pacifier falls onto the floor.
- **Store food in lead-free containers.**
  - Glass and plastic are safe containers for food storage.
  - Do not store food in open cans or ceramic dishes.
  - Do not store liquids in lead crystal.
- **Make an appointment with your doctor.**
- **Have your child tested for lead poisoning at ages 1 and 2.**

