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
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.