

# At Risk for Lead in PAINT?

Lead is a potent toxin and can be found in paint, water and soil.

Lead is a serious health concern. Even small amounts of lead are harmful, especially to younger children and women of child-bearing age.

Lead was used in paint until 1978. The older your home, the more likely lead paint is present. Lead in paint is a danger to children if the paint is chipping, peeling, cracking or chalking.

## What should you know?

- Look for lead paint (especially around windows, floors and doors) that is **chipping, peeling, flaking and dusty and looks like alligator skin**. Knowing how to identify lead paint in your home is crucial.
- **Scraping, burning, sanding or using a heat gun to remove lead paint creates dust and lead fumes into the air.**



## What can you do?

- Use paper towels, soap and water to wipe surfaces where paint is chipping weekly.
- Wash dust and flakes off of hands, toys, bottles, clothes, windows, pacifiers and floors with soap and water. Hand sanitizer does not remove lead.
- Paint over walls and doors where lead paint is present or use a sealant to create a barrier against chipping paint flakes.
- Leave your shoes at the door to keep lead outside of your home.
- **See a doctor** if you're worried about lead exposure.



## What should you NOT do?

- **DO NOT** dry scrape, power sand, burn or use a heat gun to remove lead paint.
- **DO NOT** dry sweep or vacuum paint chips.
- Consult a professional for help removing lead from your home properly.



## Additional resources:

- **Get tested for lead exposure:** Contact your doctor, local WIC Clinic or your city's Health Department.
- **Well Fed Means Less Lead!** See the reverse side for tips on protecting your family through the use of healthy foods.
- Visit [GetWellFed.org](http://GetWellFed.org) for more information.



# Get WELL FED





Exposure to lead can cause serious health concerns.

Even at low levels, lead is extremely harmful to infants, children and women of child-bearing age.

## What you eat can help protect your family against lead!

Feed your family a healthy, balanced diet that contains good sources of iron, vitamin C and calcium.

IRON	VITAMIN C	CALCIUM
		
<ul style="list-style-type: none"><li>• Red Meat • Fish • Beans</li><li>• Lentil • Iron-fortified Cereals</li><li>• Spinach</li></ul>	<ul style="list-style-type: none"><li>• Oranges • Berries • Tomatoes</li><li>• Bell Peppers</li><li>• Dark, Leafy Greens</li></ul>	<ul style="list-style-type: none"><li>• Milk • Yogurt • Cheese</li><li>• Kale • Turnip Greens</li><li>• Calcium-fortified Juices</li></ul>

### What should you know?

- More lead is absorbed on an empty stomach. Infants and children absorb 5 to 10 times more lead on an empty stomach than adults.
- Exposure to lead is harmful to childhood development and can cause permanent behavioral and learning problems, a lower IQ, slowed growth and hyperactivity.
- Good sources of iron, vitamin C and calcium may lessen the absorption of lead into your body.

### What can you do?

- Offer and feed your family regular, healthy meals and snacks to reduce lead absorption.
- Participate in free federal nutrition programs such as WIC, Summer Meals, Farmers Market Vouchers, FoodShare (SNAP) and many others.
- Wash ALL fruits and vegetables thoroughly with cold water for 1 minute or until all dirt and dust is removed.
- When preparing food, always wash and cook with safe water.

Visit [GetWellFed.org](https://www.getwellfed.org) for more information.

Well Fed Means Less Lead | [GetWellFed.org](https://www.getwellfed.org) | **THE NUTRITION & LEAD TASK FORCE**