

EASY HOUSEHOLD CLEANING TIPS

What you can do to protect your child from lead poisoning

A child can get lead poisoning by swallowing or breathing in lead. Often, lead poisoning is caused by lead you can't even see. Dust from lead paint is still the number one source of childhood lead poisoning. Following easy household cleaning tips can help protect your child from the harmful effects of lead.

WASH AWAY LEAD DUST

Wash children's hands often, especially before they eat, before nap time, and before bedtime.

Frequently wash:

- toys
- stuffed animals
- bottles
- pacifiers



WET CLEANING

Household dust can be a major source of lead, using a damp cleaning method can help prevent the spread of lead dust.

Frequently:

- wet-mop hard floor surfaces, changing bucket water often
- keep window frames and blinds free of dust with a moistened cloth and all purpose cleaner
- remove any fallen paint chips with a wet cloth and all purpose cleaner



MORE CLEANING TIPS

Children ingest twice as much dust as adults. Keeping your home clean is important for your child's health.

Remember to:

- remove shoes before you enter the house
- use a vacuum with a HEPA filter on carpeted flooring and furniture
- never use a broom or dry rag to remove dust from surfaces

