

HOW CAN I PREVENT MY CHILD FROM BEING EXPOSED TO LEAD?

- Wet-wipe and wet-mop windowsills and around home entrances.
- Wash children's hands and toys regularly.
- Do not let children play in bare soil. If they do, immediately wash their hands and clothes.
- Run water for 60 seconds before use and cook with cold water only.
- Cook nutrient dense meals, high in calcium, iron, and vitamin C.
- Use lead safe practices when doing home renovations.

Adults who have jobs or hobbies that may expose them to lead should:

- Take off their shoes before entering the house.
- Immediately wash their hands and change their clothes after coming home.

The only sure way to determine if your child has been exposed to lead is with a blood lead test.

If your child has low levels of lead in their blood (**below 10 µg/dL**):

- Learn about potential sources of lead exposure.
- Remove sources of lead.
- Implement lead-safe practices in your household.
- Talk to your doctor about when to have your child's blood tested again.
- Feed your family nutritious foods.
- Have the other children in the home under the age of 6 tested.

If your child has high levels of lead in their blood (**10 µg/dL or higher**):

- A case manager from your local health department will work with you on the next steps.
- Visit the Lead Safe Virginia website to read more about the guidelines for high blood lead levels.
(www.vdh.virginia.gov/leadsafe/)