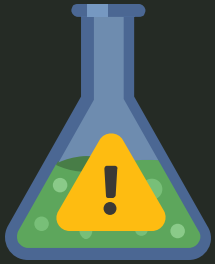


Tips to Avoid Lead Exposure



Harmful Effects of Lead

- lower IQ test scores and behavior problems in children
- high blood pressure, heart disease, and cancer in adults
- reduces babies' growth before birth

How to Protect Yourself:



Avoid purchasing cosmetics, costume jewelry, and tablecloths found at dollar stores.



Avoid using imported pottery and dishware to cook and store food.



Check homes built before 1978 for lead-based paint and lead pipes.

In Your Home

1

Use only cold water for drinking and cooking.

2

Wet-mop dusty areas especially in hard to reach areas.

3

If a household member works with lead, they should change clothes and shoes before entering the home. Also, wash their clothes separately.

4

Visit Consumer Products Safety Commission website for recalled toys. Remove recalled items from your home. <https://www.cpsc.gov/>

