Protect Your Family from Lead Poisoning

- Get children tested for lead
- Get your home and water tested for lead
- Clean floors, windowsills, and window frames with warm, soapy water
- Eat healthy, low-fat foods high in iron, calcium, and vitamin C:
  - spinach
  - dairy products
  - iron-fortified cereals
  - oranges, tomatoes, and green peppers
- Wash your hands before eating
- Change your work clothes if you work around lead
- Use cold water for drinking, cooking, and making baby formula
- Do not dry scrape, dry sand, or burn paint that contains lead

Children are at risk because they play outside and on floors and may put lead-contaminated objects in their mouths. Lead can cause brain damage and learning problems.
Main Sources of Lead Poisoning

- Lead dust from lead-based paint in homes built before 1978
- Lead in soil around homes
- Lead solder in pipes
- Foreign-made vinyl miniblinds
- Lead pottery
- Some folk remedies such as greta, azarcon, and pay-loo-ah

Children are at risk because they play outside and on floors and may put lead-contaminated objects in their mouths. Lead can cause brain damage and learning problems.
Lead
Paint
Safety

What builders, sellers, and landlords need to know about homes built before 1978
Rules for Sellers and Landlords of Pre-1978 Homes

- Provide the pamphlet “Protect Your Family From Lead in Your Home”
- Inform the buyer or tenants of known lead hazards
- Provide records of lead-based paint
- Include proper disclosure documents in sales contracts and leases
- Keep records for 3 years
- Sellers: give the buyer 10 days to test the home for lead

Rules for Remodelers of Pre-1978 Homes

- Provide the pamphlet “Protect Your Family From Lead in Your Home” no more than 60 days before beginning renovations
- Get written acknowledgement that the pamphlet was received
- In multifamily housing, notify the renters about the nature, location, and timing of the renovation
- Keep records for 3 years

1-800-424-LEAD

www.aces.edu/lead