

# Do's and Don'ts of Lead Poisoning Exposure

## Do's



Do wash your child's hands and face frequently, especially before eating, naptime, bedtime, and after playing outside.



Do wash toys and pacifiers daily.



Do leave shoes at the door to keep dust and soil from entering your home.



Do give your child healthy meals and snacks that are high in iron, calcium, and vitamin C.



Do allow cold water to run for a minute before using it for food or drink preparation.



Do change out of work clothes before entering the house. Handle work clothing carefully and wash separately.

## Don'ts



Don't let your child play in areas where bare soil is showing.



Don't place children's furniture or toys near chipped paint, especially near windows.



Don't let children touch or eat chipped paint from windows or front porches.



Don't prepare, store, or serve food in lead containing cans, crystal, or ceramic dishes made with lead glaze.



Don't give children candy or toys from other countries.



Don't let children play with keys or any jewelry. Jewelry may contain lead.



Don't use hot water from the tap for drinking or food preparation or mixing baby formula.



[www.phoenix.gov/nsd/lead-safe-phoenix](http://www.phoenix.gov/nsd/lead-safe-phoenix)

