

## **Suggestions to Decrease Blood Lead Level Exposure**

### **How are we exposed to lead?**

People are at risk of lead exposure through contact with deteriorated paint (pre-1978), interior home dust or exterior soil or dust. Children usually are exposed to lead through ingestion of lead dust with contaminated hands, eating paint chips or through mouthing an object that has exposed lead, lead paint or lead dust. Lead can also be inhaled. The vapor from paint removal with a heat gun or the making of bullets/sinkers can cause lead level concerns. Children have also been known to ingest lead by chewing on windowsills.

### **How can we guard against lead toxicity?**

Diet-lead is excreted out of the body better when the diet is high in calcium, iron, vitamin D and vitamin C, and low in fat.

Hand washing-this is especially important for a child that crawls and has a lot of hand-to-mouth behavior.

### **Home cleaning**

1. Remove shoes at the door to prevent tracking lead through the house, and store shoes in a container your child cannot reach.
2. Damp dust daily to remove lead dust from surfaces. Wash those dusting rags twice in a load by themselves.
3. Vacuum daily with a Hepa filter vacuum slowly and thoroughly. Consider getting carpet shampooed during the initial cleanup.
4. Mop. Initially mop all hard floor surfaces then dispose of that mop. Then daily mop the hard floor surfaces with a new mop. Any cleaner is fine.
5. Toys. Clean once weekly. Dispose of any toys with chipped/peeling paint. Toy recalls can be found at [www.CPSC.gov](http://www.CPSC.gov).
6. Play area. Clean daily.
7. Car seat. Vacuum thoroughly and clean floor of car.
8. Animals. Keep them outside in a lead-safe area.
9. Lead pipes. If your home has lead pipes, run the cold water for 2 minutes before using that water.

Source: <http://chfs.ky.gov/NR/rdonlyres/103397BE-C0EB-43AA-88E4-E3C9DD0DA960/0/DPHGuidelinesforBloodLeadScreeningandManagementofElevatedBloodLeadLevelsJune2016.pdf>