HEALTH

Actions to Reduce Potential Lead Exposure at Home

ROCKLAND COUNTY LEAD FREE KIDS

Keep Homes Clean and Dust Free

Clean your home once a week using a clean, wet or damp cloth, sponge, or mop to minimize dust.

Wet mop floor and hard surfaces.

01

Wash Hands

Use soap and water to wash children's hands after playing, before meals, and before bedtime.

02

Reduce Exposure to Soil

Take off shoes prior to entering the house to prevent bringing lead-contaminated soil from outside.

Wipe down pets' paws prior to bringing them indoors.

Wash all food with safe water prior to eating.

03

Eat a Diet High in Iron, Calcium, and Vitamin C

Eat a well-balanced diet of fruits, vegetables, grains, dairy and protein-rich foods.

Foods higher in calcium, iron, and vitamin C can help reduce body's absorption of lead.

04

Wash Toys

Wash toys, pacifiers, bottles, or other items your children may use regularly. Do not let children chew on painted toys or painted surfaces.

05

Run Your Water

Before drinking or cooking, flush your home's pipes by running the tap.

Use only cold water for drinking, cooking, and making baby formula.

06

Shower and Change

Remove work clothes and shoes before entering your home to avoid tracking in lead from soil, work, or hobbies.

Wash work clothes separately from other clothes.

07

For More Information:

Rockland County Lead Poisoning Prevention Program
rcklnd.us/Lead-Prevention-Program
(845) 364–3305
LeadFreeKids@co.rockland.ny.us

- https://www.rocklandcountyny.gov/departments/health/programs-services/leadpoisoning-prevention-program
- https://www.health.ny.gov/environmental/lead
- https://www.cdc.gov/lead-prevention/prevention/index.html

Infographic adapted from: Environmental Protection Agency | *Actions to Reduce Potential Lead Exposure*
https://www.epa.gov/lead/actions-reduce-potential-lead-exposure