

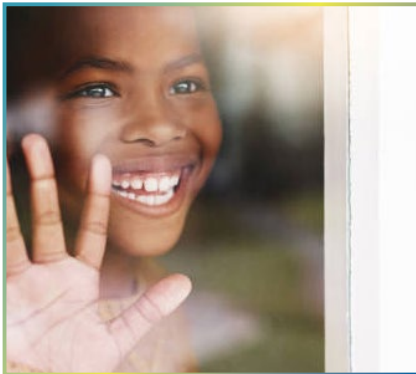


# Prescriptions for PREVENTION



Guidance from the Western States  
Pediatric Environmental Health Specialty Unit

## Lead



### Did you know?

**L**ead-contaminated paint dust is the most common source of childhood lead exposure. There is no safe level of lead in our bodies. Lead can affect your child's brain development and learning. Health effects can also include high blood pressure, kidney problems, abdominal pain, seizures and anemia. Lead can pass from parent to baby through the placenta or through breastmilk.



### Do

- ✓ **Test your home's paint** to make sure it is not lead-based, especially if built before the 1970's or if there's chipping paint.
- ✓ **Patch spots where paint is flaking**, repaint or cover.
- ✓ **In older houses**, wash children's hands after playing, and damp wash surfaces regularly, especially window sills.
- ✓ **If exposed during pregnancy**, take vitamin D and calcium supplements before breastfeeding.
- ✓ **Most pregnant people** who have had lead exposures are still able to breastfeed, but follow up with your doctor for testing if you've been highly exposed.
- ✓ **Consider adding a lead-certified water filter** to your home. At the least, run tap water for several minutes before using.
- ✓ **Use a high efficiency filter (HEPA) vacuum** and wet microfiber cloths or mops to clean your home weekly. This will reduce dirt and dust that may contain lead.



### Don't

- ✗ **Don't forget to contact your local or state agency** to see if they have free or reduced price lead test kits!
- ✗ **Don't allow children to dig** in soil after major weather events, near industrial sites, or near older homes.
- ✗ **Don't grow food in soil with lead.** Add at least a 6" layer of clean topsoil for gardening.
- ✗ **Don't allow children around chipping paint** in your home.
- ✗ **Don't try to boil water** to reduce lead content, this does not work!



For more information, scan the code or visit  
[wspehsu.ucsf.edu/prescriptions-for-prevention-environmental-hazards](https://wspehsu.ucsf.edu/prescriptions-for-prevention-environmental-hazards)