

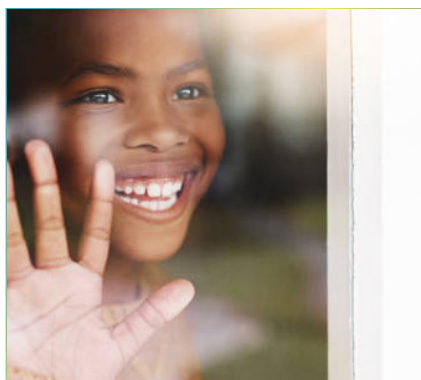


Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit



Lead



Did you know?

Lead-contaminated paint dust is the most common source of childhood lead exposure. Other key sources can include contaminated foods, spices, and cookware, as well as some cosmetics and take-home exposures. 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.](#)
 - [EPA has guidance on how to find lead paint removal professionals.](#)
- In homes built before 1978, wash children's hands after playing.
 - Use a microfiber cloth to damp-wash surfaces regularly, especially windowsills.
- Use a high efficiency filter (HEPA) vacuum and wet microfiber cloths or mops to clean your home weekly. This reduces dirt and dust that may contain lead and other toxics.
- If exposed during pregnancy, take vitamin D and calcium supplements before breastfeeding.
- Many who have had lead exposures are still able to breastfeed. But, follow up with your doctor for testing if you've been highly exposed.
- If you work in industry or places where lead exposure is suspected, change out of work clothes at your worksite or before entering your home.
- Learn about [other sources of lead like cosmetics, ceramics, food and spices here.](#)



Don't

- Don't forget to contact your local or state agency, such as health departments, 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 or yard.
- Don't try to boil water to reduce lead, this does not work! [Consider adding a lead-certified water filter to your home.](#) At the least, if lead is suspected, run tap water for several minutes before using.



For more information, scan the code or visit

<https://wspehsu.ucsf.edu/curriculum-tools/prescriptions-for-prevention/>

Material developed in partnership with the Environmental Research and Translation for Health (EaRTH) Center: <https://earth.ucsf.edu>