

Childhood Lead Exposure



6 Actions to Reduce Your Family's Risks

1. Wash Hands and Toys Often and Before Eating
2. Leave Shoes and Dirty Clothes at the Door
3. Damp Clean, Wet Mop and Damp Dust
4. Create Barriers to Possible Lead Paint or Other Leaded Items
5. Keep Windows Closed
6. Eat a Well-Balanced Diet **iron, calcium, magnesium and vitamins C and D**

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