

# IS YOUR CHILD SAFE FROM LEAD POISONING?

## LEARN HOW TO PROTECT YOUR FAMILY: CREATE A LEAD SAFE HOME

### What causes lead poisoning?

There are many places in a home that can put babies and children in danger of lead poisoning.



Lead paint is the #1 cause of lead poisoning in Michigan and is often found in homes built before 1978. The older the home, the more likely that painted surfaces like windows, cupboards, doors and porches will contain lead paint.

Lead poisoning occurs most often when children come in contact with lead in the air, in dust and in lead paint. Lead can also be found in soil, drinking water if supplied by lead pipes, certain home remedies and is used in some hobbies and occupations.

### How can I tell if my child has lead poisoning?

Talk to your doctor about testing your child's blood for lead poisoning.

When should my child be tested for lead poisoning?

Children should be tested at one and two years of age or if you think your child has been exposed to a lead hazard.

For more information, visit [www.michigan.gov/lead](http://www.michigan.gov/lead) or call the Childhood Lead Poisoning Prevention Program at 517-335-8885.

### Take this quiz to see if your child may have lead poisoning:

Symptoms of lead poisoning can be silent—and hard to recognize. Preventing lead poisoning before it happens is the best way to keep your family safe. Take this quiz to see if your child may be at risk:

Does your child currently live in a home built before 1950 or have they lived in a home built before 1950 in the recent past? Do they spend time at or often visit a home built before 1950?

**Yes No Don't Know**

Does your child currently live in a home built before 1978 that was recently remodeled?

**Yes No Don't Know**

Have they lived in or often visited a home built before 1978 that was recently remodeled?

**Yes No Don't Know**

Does your child have a brother, sister or playmate with lead poisoning?

**Yes No Don't Know**

Does your child live with an adult whose job or hobby involves lead?

**Yes No Don't Know**

Do you or your child's caregiver use home remedies that may contain lead?

**Yes No Don't Know**

**If you answered NO to all of these questions, your child is probably not at risk for lead poisoning.**

**If you answered YES or DON'T KNOW to any of these questions, talk to your doctor about testing your child for lead poisoning.**

# MAKE EVERY DAY LEAD SAFE

**Safe Cleaning** Use these steps to help keep your home clean and reduce your child's risk of lead exposure. Use these tips to clean your windows, doors, floors, porches, stairs and child play areas.



**Put on rubber gloves.** If you do not have rubber gloves, wash your hands well after cleaning.

**Use the right cleaners and supplies you can throw away.** Use soapy cleaners or products made to remove lead dust.

**Remove paint chips first.** Window areas and porches often have peeling paint and lead dust. Pick up paint chips you can see and throw them away in a plastic bag.



**Always wet-mop floors and window sills.** Do not broom lead dust. Throw away cloths after wiping each area. Replace mop water frequently.

**Don't use a vacuum unless it is a HEPA vacuum.** A regular vacuum will spread lead dust into the air you breathe. Some health departments have HEPA vacuums available to borrow.



**Rinse after cleaning.** Use clean water and a new mop head or fresh paper towels to wipe away suds.

**Always empty wash water down a toilet.**

**Repeat these steps weekly,** or when dirt and dust appear on floors, porches, window wells, window sills, stairs and children's play areas.

## For Homes with Lead Pipes



**If you use a water filter,** be sure it meets NSF/ANSI 53 standards for lead reduction.

**Flush your pipes before drinking,** and only use cold water for cooking and mixing formula. Flush pipes by running the water for approximately 5 minutes.

**Test.** Consider contacting your local water authority to have your water tested.

## Daily Lead Safe Practices

- Wash hands, bottles, pacifiers and toys often.
- Always take off shoes before going into the house.
- Watch your child's diet. Foods high in calcium and iron help keep lead from being absorbed by a child's body.
- Avoid using power sanders, open-flame torches, heat guns, dry scrapers and dry sandpaper or heat guns on painted surfaces.
- Paint over peeling or chipping paint.
- Hire a certified lead professional when making updates to your home.
- Always use the safe cleaning methods listed above.

**Thinking about remodeling your home? Need advice about identifying and removing lead paint?**

**Call the Lead and Healthy Homes Section:**

**866-691-LEAD**



[www.michigan.gov/lead](http://www.michigan.gov/lead)