

If you answer “yes” to any of the questions below, please contact your doctor’s office or health clinic to have your child tested.

- Does your child live in a house/apartment built before 1978?
- Does your child live in a house/apartment built before 1978 that is being remodeled at this time?
- Has anyone living with your child had elevated lead levels?
- Does anyone living with your child work in a lead industry (radiator shop, battery manufacturer or bridge worker), or have a hobby that uses lead (welder, painter or others)?
- Does your child eat paint chips or any non-food items?
- Does your child play in a dirt yard where cars sometimes are parked? Does your child play in a yard near a major highway?
- Does your child live near an active lead smelter, battery recycling plant or other industry likely to release lead?

### Prevent Lead Poisoning with Good Nutrition

A child with poor nutrition will absorb more lead than a child with a healthy diet. Healthy low-fat meals and snacks can help prevent your child from being lead poisoned.

#### Choose foods high in:

- Iron (chicken, turkey, beef, greens, spinach, raisins, nuts and seeds)
- Calcium (milk, cheese, yogurt, ice cream)
- Vitamin C (oranges, grapefruit, tangerines, strawberries, cantaloupe, tomatoes, bell peppers, orange juice, grapefruit juice and lemonade)

### Take Away Tips

Childhood lead poisoning is serious, but you can prevent it.

- Have your **CHILD TESTED** for it.
- **TEACH YOUR CHILD TO WASH HIS/HER HANDS** before meals, naps and bedtime.
- **WASH TOYS**, stuffed animals and pacifiers **REGULARLY**.
- **DO NOT ALLOW YOUR CHILD TO EAT OR CHEW ITEMS** that may contain lead.
- **TEACH YOUR CHILD TO PLAY ON GRASS** or in a sandbox – not in the dirt.
- **REMOVE IMPORTED BLINDS** if they contain lead. Replace them with new blinds that do not contain lead.
- **DO NOT STORE FOOD** in opened cans.
- **RUN WATER FROM THE TAP** for one to two minutes before drinking. This will rinse the lead out that may collect overnight.
- **TEST YOUR HOME** for lead.
- **GET A QUALIFIED LEAD PROFESSIONAL** to remove lead paint from your home. Do not remove lead paint yourself.

Call (770) 533-8095 for more information  
or visit [www.safekidsgainesvillehall.org](http://www.safekidsgainesvillehall.org)