Lead can be in many places. In your home, lead can be in paint chips (small pieces of paint) or in dust in the air. Never touch anything with peeling or chipping paint.

Paint that contains lead is the main source of lead poisoning in America. Many houses and apartments built before 1978 contain lead paint. Chipping and peeling paint, and dust from the paint, can be anywhere in your home. Wash floors and windowsills weekly.
Lead can be hiding outside, too.

LEAD CAN BE IN DIRT, SNOW, AND...

ICE

NOTE TO ADULT

Lead gets in dirt and snow from lead dust, chips of exterior lead paint, and past use of lead-based insecticides and leaded gasoline.
Wash your hands before you eat and after you play outside. This helps keep lead out of your body.

Teach children the importance of washing their hands often, and of never putting dirty hands in their mouth. Lead dust can be in the air from renovated homes in the neighborhood, and can settle on anything outside that your child touches.
Put only good food and drinks in your mouth.
This also helps to keep you safe from lead.

**Activity**

The foods below can help keep you healthy. Draw a line from each food name to its picture.

1. MILK
2. FISH
3. SPINACH
4. RAISINS
5. BREAD
6. ORANGE

**Note to Adults**

A child's body absorbs lead more easily than an adult's. A healthy diet can help keep lead from getting into a child's bones and blood. Encourage your child to eat foods that are high in iron, calcium, and vitamin C. Limit fat and sugar.
Your parents may take you to the doctor. The doctor can make sure you are safe from lead.

All children are at risk for lead poisoning. The only way to detect it is through a blood test. Even if your child seems healthy, he or she may have a high lead level. Your doctor can determine if the lead level in your child’s body is harmful.
Remember, STAY HEALTHY, STAY CLEAN, STAY LEAD-FREE!

**ACTIVITY**

Draw a line from the pictures on the left to the way to keep them clean on the right.

A. [Image of dirty hands]

1. [Image of sink with soap and paper towel]

B. [Image of dirty floor]

2. [Image of dripping sink]

C. [Image of mop and bucket]

3. [Image of mop and bucket]
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![Food Images]

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