



## Childhood Lead Poisoning Prevention Program

### Sources of Lead

**Lead dust is the most common way for children to get lead into their bodies.**

#### Lead dust:

- Comes from old lead paint
- Can remain in your home for a long time
- Can be brought home on clothing from construction or painting jobs
- Can come from home renovation/repair projects

#### Other ways your child can get lead into their bodies:

- Playing in soil especially next to old buildings
- Drinking water from old pipes. (lead pipes, lead solder, brass fixtures and valves)
- Antiques or old painted furniture or toys
- Hobbies or jobs (stained glass, fishing sinkers, lead shot, furniture refinishing)
- Consumer products (imported toys, chalk, jewelry)
- Folk remedies (Greta, Arzacon, Pay-loo-ah, Kohl, Kandu) and some herbal remedies (Ayurvedic)

#### How to keep lead away from your child:

- Keep your child away from peeling or chipping paint.
- Wash your child's hands often and always before eating and going to bed.
- Use water and cleaning detergents to clean old windows and floors. Wet cleaning methods removes lead dust best!
- Leave shoes at the door. This keeps leaded dirt outside.
- Use a "lead check swab" to check for lead on paint and toys. Call us to find out how.
- Before a remodeling or repainting project call us to learn about lead safe methods.
- If you have old pipes, use cold water for drinking and cooking. Run the water for 1-2 minutes if the tap has not been used in the last 4 hours. To have your water tested for lead, call the Maine Health and Environmental Testing Lab at 287-2727.

***If you have any questions about lead call the Childhood Lead Poisoning Prevention Program (MCLPPP) at 287-4311.***