

Steps to Take to Stay Lead Safe!

- Wash hands before eating, napping and after playing outside
- Avoid tracking in contaminated soil by leaving shoes at the door
- Test **ALL** children between ages ONE and SIX years annually!!
- **NEVER** dry scrape or dry sand any (pre-1978) painted surface
* Use **WET** methods only *
- Clean children's toys often to lessen lead dust
- Make sure children eat plenty of calcium, iron and vitamin C. A proper diet will help kids fight lead absorption in their body
- Use **wet** methods when cleaning your home. Use a HEPA* filtered vacuum whenever possible.
- Have your home tested for lead-based paint hazards
- Use lead-safe work practices when doing home renovations. Most poisonings occur during renovations to both children and adults.
- Use raised garden beds when growing vegetables. Do not grow food in green belts (space between the street and sidewalk).
- Do not allow children to chew on window sills.

Call the Burlington Lead Program for more information at (802)865-LEAD (5323) or visit www.cedoburlington.org.