

Westchester County Department of Health

Lead Poisoning Prevention Program

Keeping Your Family Safe From Lead

Long-term exposure to lead can have serious health impacts on young children. While lead-based paint has been banned, many homes in Westchester County--particularly older ones--still have leaded paint.

Follow these tips to reduce your children's exposure to lead:

✓ **Wash Your Child's Hands Often**, especially before eating, after playing, and whenever they are dirty.

✓ **Look Out** for any chipping, peeling or flaking paint in your home. If you rent, report it in writing to your landlord. If the landlord does not try to fix it, report it to your local building department.

✓ **Supervise Small Children** closely to know what they are putting in their mouths. Many children have a habit of eating things that can contain lead, such as paint chips and dirt. **Lead paint tastes sweet and children like the taste.**

✓ **Clean Up** paint chips and dust immediately with a **wet** mop or rag and a degreasing detergent (ex. Simple Green). Wash your children's toys and pacifiers to get rid of any leaded dust. **Do not sweep or vacuum paint chips and dust.**

✓ **Do Not Use** pottery from Latin America, antique dishes, imported food products/containers or lead crystal for cooking, serving or storage. Also do not use cosmetics, such as, "kohl", from other countries. They may contain lead.

✓ **Be Careful** not to bring lead or lead dust into your home from your job. People who are exposed to lead at work-including mechanics, painters and contractors-should **change their clothes in a separate area when they come home and wash their clothes separately from other family clothing.**

✓ **Keep Your Child Away** from areas in your home that are being repaired. Dust from repairs may have high levels of lead.

✓ **Feed Your Child Nutritious Food** that contains iron and calcium. Food such as milk, cheese, yogurt, lean meat, dry beans, peas and green leafy vegetables should be encouraged.

✓ **Avoid Traditional Remedies** such as "GRETA" or "AZARCON", as they may contain lead.

✓ **Run Your Cold Water Tap** for 1-3 minutes in the morning before using it for drinking, cooking or making baby formula. Use cold water only. Hot water or water that has been sitting in pipes for hours may contain lead.

**IF YOU THINK YOUR CHILD HAS BEEN EXPOSED TO LEAD,
CALL YOUR DOCTOR AND HAVE YOUR CHILD'S LEAD LEVEL CHECKED**

For more information call the Health Department's Lead Poisoning Prevention Program at (914) 813-5243.