



# Protect Your Family from Lead in Your Yard

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Eating or swallowing soil that contains lead is a common way of getting lead into your body. Children get lead in their bodies when they put their hands, toys or other items covered with lead dust in their mouths. When lead gets into your body, it may cause health problems.

**To lower the amount of lead that gets into your body from soil, follow these simple steps:**



**Do not let children play in dirt that contains high amounts of lead.**

- Have children play on grass or in areas covered with lead-free mulch, wood chips or sand.
- Keep children from playing in bare dirt.
- Cover bare dirt with grass, bushes or 4 to 6 inches of lead-free wood chips, mulch, soil or sand.



**Protect your family from lead-based paint in the yard.**

- Keep your family, especially young children, away from areas in the yard where paint is peeling or chipping, such as from old porches, fences, or houses.
- Do not try to remove lead paint yourself unless you have been trained to follow lead-safe work practices. Hire a professional lead specialist who follows lead-safe work practices.
- If you paint over lead-based paint, use special paint that will seal in the old paint.



**Keep children's hands and toys clean.**

- Wash children's hands before they eat any food if they have been playing outside.
- When eating outdoors, always eat in an area where there is no bare soil.
- Do not let your children put toys, dirty hands, paint chips, or other things that might have lead dust on them into their mouths



**If you have questions about lead or lead poisoning call your county Health Department.**

**This fact sheet is provided by the Agency for Toxic Substances and Disease Registry.**



## Get your child tested for lead poisoning today!

Most lead poisoned children do not act or look sick.

The only way to know if your child has lead poisoning is to have a blood lead test.

Children 6 years and younger are more likely to have lead poisoning.

Call your doctor or clinic today to get your child tested.