

# **WHAT CAN I DO?** You can take simple steps to reduce your exposure to lead in contaminated soils or dust.



**Talk with EPA about testing your yard for potential lead contamination**



**Get your child tested for lead poisoning, even if he or she seems healthy**



**Wash hands – especially children’s – after handling soil, playing outside, and before meals**



**Take shoes off at the door; clean children’s feet and pets’ paws/fur at the door**



**Damp (not dry) mop and dust surfaces regularly; keep toys and play areas clean**



**Make sure children eat nutritious meals high in iron and calcium**



**Practice safe gardening and wash foods grown in contaminated soil**



**Be aware of other sources of lead and try to minimize your overall exposure**