

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