

# Lead Exposure

- ❑ **If you live in a house that was built before 1978 you may have lead in your house paint**
  
- ❑ **To reduce harmful exposure:**
  - ◆ keep your child away from any flaking or peeling paint
  - ◆ dust regularly (especially around window frames) to reduce lead particles in the air
  - ◆ keep children and pregnant women away from any home restoration projects that include disturbing any old paint
  - ◆ buy toys from reputable sources to decrease lead concerns
  
- ❑ **Tell your health care provider about any concerns you may have about lead exposure**
  - ◆ they can test levels of lead in your child, and may already have

*To check lead recalls visit the CDC website at:  
<http://www.cdc.gov/nceh/lead/Recalls/default.htm>*

*For other recalls including choking and falling hazards visit the  
Consumer Product Safety Commission at: <http://www.cpsc.gov/>*