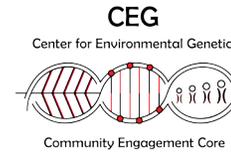


COVID-19

STAYING SAFE & HEALTHY @ HOME



What are the things I can do to protect my children from lead paint in my older home?

We all know that lead is bad for young kids. Many parents and doctors are concerned about children staying home in houses with lead paint. Since it can take a while to get the lead fixed in these homes, it's important for families to know 5 steps they can take to protect their kids.



1. Leave Shoes at the Door

When coming home, remove your shoes and leave them at the door. In an old city like Cincinnati with construction and demolition going on all the time, we don't want to track lead dusts from outside into the home.



2. Washing Hands

Washing with soap and water especially after coming in from outside or before eating can remove lead dust from hands and is also recommended to stop spreading coronavirus. Wash your hands or your child's hands for 20 seconds. Sing the "Happy Birthday" song while you do it to pass the time.



3. Eating Healthy

Eating a healthy diet with a variety of fruits, vegetables, nuts, dairy, grains, protein (meat, fish, beans) helps to support your body when dealing with either illness or lead exposure.



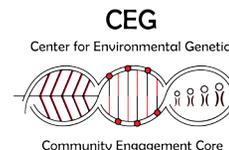
4. Cleaning House

Clean floors and windowsills with a damp mop, rag or paper towel. This traps the little paint chips or paint dust and doesn't spread it around like a broom does. Rinse off your mop or rag or dispose of the paper towel properly when you are done.



5. Cover Up Chipped Paint

If you see an area of chipping or peeling paint, don't mess with it. One easy way to protect your children from lead is to cover this paint over with tape or contact paper. This buys time to get this properly fixed later.



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Looking for more information on keeping your family safe from lead?

- Centers for Disease Control & Prevention (CDC):
<https://www.cdc.gov/nceh/lead/prevention/default.htm>
- Ohio Department of Health:
<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/childhood-lead-poisoning>
- Pediatric Environmental Health Specialty Units, the environmental health experts for children: <https://www.pehsu.net/>
- Healthy Children information from the American Academy of Pediatrics:
<https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Lead-Screening-for-Children.aspx>

***The information provided is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions or as home repair advice. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition.**

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