

# What Can You Do to Avoid Exposure to Lead?

1. Have your children tested for lead! Children are more susceptible than adults to the toxic effects of lead. Blood lead levels above 10 ug/dL are elevated and every effort should be made to reduce exposure to lead.



2. Always wash your hands before meals. Wash your children's hands often, especially before eating and bedtime.

3. If your home was built before 1978, you may want to have your house tested for lead-based paint, especially before repairing or remodeling.

4. Always wash fruits and vegetables before eating them.  
Avoid eating fruits and vegetables grown in high lead soils.



5. Eat a well-balanced diet every day. Include foods high in:

## iron

chicken  
turkey  
lean beef  
peas  
baked potato  
greens  
iron-fortified cereal

## calcium

milk (low fat)  
yogurt  
ice cream  
greens  
cheese

## Vitamin C

fresh fruit  
bell peppers  
tomatoes  
potatoes and sweet potatoes with skins  
greens  
orange juice  
grapefruit juice



6. Avoid foods high in fat (avoid Lard, sausage, bacon, french fries, potato chips). These foods increase lead absorption.

7. Avoid using lead-glazed pottery or pewter dishes for food.

8. Do not store food in open cans.



9. Take shoes off before entering the house in case there is lead dust on them.

10. Use wet cloths and mops to clean dust from window sills, floors, and other surfaces. Dry cloths and mops just move lead dust around.

11. Adults that are exposed to lead at work or during hobbies should shower and change clothes afterwards.

12. Keep children's play area and toys clean and away from areas with chipping paint.



13. Plant grass and shrubs over bare soil in yard.

14. If your house is over 40 years old or has plumbing over 10 years old, have your water tested for lead by a state-approved laboratory.



**If you have questions, please call:**  
**McKell Drury**  
**Utah Department of Health**  
**Environmental Epidemiology Program**  
**(801) 538-6191**  
October 6, 2000