

PROTECT YOUR KIDS

YOUR KIDS >> WHAT TO DO >> A CHECKLIST FOR PARENTS

BACK <

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A checklist for parents

WHAT TO DO

- Get your children tested by your pediatrician, even if they seem healthy.
- Find out whether your home, school or day care center was built before 1978. Older buildings are more likely to contain lead-based paint.
- If you rent, notify your landlord if you see any peeling or chipped paint.
- Keep your home clean and as dust-free as possible. Clean dust from floors, windowsills and other surfaces with a wet mop or sponge, warm water and a general all-purpose cleaner.
- Wash your children's hands before they eat, before they nap, when they come in from playing outside and at bedtime.
- Wash your children's bottles, pacifiers and toys often.
- Wipe soil off your family's shoes before they enter the house. Keep shoes at the door.
- Feed your children healthy, calcium-rich, low-fat foods.
- Hire a lead-safe-certified professional to paint or renovate your home, so you know that the work is done safely and thoroughly.
- Keep painted surfaces well-maintained.

GET: YOUR HOME CHECKLIST

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HOTLINE

1-800-424-LEAD
(5323)

FOR MORE INFORMATION

TELL YOUR STORY ON FACEBOOK

FIND THE DANGER ZONES
IN YOUR HOME