



FAMILY HEALTH TIPS

To prevent elevated blood lead levels in children.

Clean floors are important for crawling children.

- Vacuum & damp mop regularly
- Damp dust often, especially window ledges children can reach
- Leave outside shoes at the door on a dust mat

For more information contact
**Trail Lead Health
Services Coordinator**
250.364.6223
www.thep.ca



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Healthy grass cover reduces lead dust.

- Play on the grass.*
- Maintain grass cover of your yard and play areas*
- Cover your sandbox when not in use*
- Hose driveways and paved areas regularly*
- Cover areas of bare soil in your yard*

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Healthy eating helps reduce blood lead levels.

- Eat regular, nutritious meals*
- Choose foods high in vitamin C, iron and calcium*
- Feed young children at the table*
- Peel root vegetables and wash leafy vegetables well before eating.*

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Clean hands are important for preventing children's exposure to lead.

- Wash hands often, especially before meals and after playing outside*
- Keep nails short and clean*
- Wash or rinse toys frequently*

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Renovate safely.

- Pregnant women and young children should avoid houses or rooms being renovated
- Seal off the area under renovation.
- Use Hepa vacuum and then damp mop to clean up well after renovations are complete
- Contact the Home Reno Program at 250.368.3256 for more tips and free safety supplies before you begin

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