



# FAMILY HEALTH TIPS

TO PREVENT EXPOSURE TO LEAD IN DUST

**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

Family Health Program

250.364.6223

[www.thep.ca](http://www.thep.ca)



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## FAMILY HEALTH TIPS

TO PREVENT EXPOSURE TO LEAD IN DUST

# 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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## FAMILY HEALTH TIPS

TO PROTECT CHILDREN FROM ABSORBING LEAD

# 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 & wash leafy vegetables well before eating.

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## FAMILY HEALTH TIPS

TO PREVENT EXPOSURE TO LEAD IN DUST

**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 a 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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