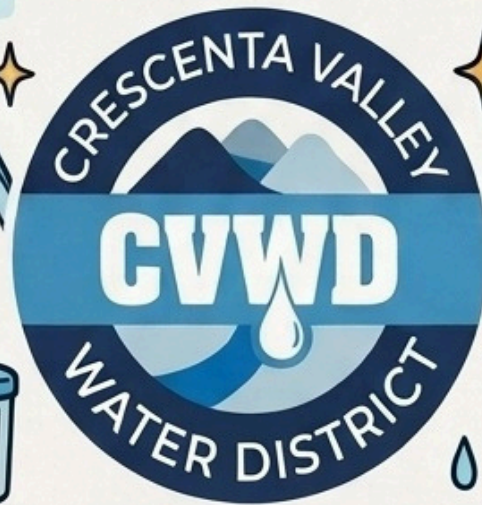


HOW TO REDUCE LEAD EXPOSURE

KIDS ACTIVITY BOOK

BE SAFE, BE
HEALTHY



FUN ACTIVITIES! COLORING PAGES! PUZZLES! AND MORE!

Dear Caregivers,

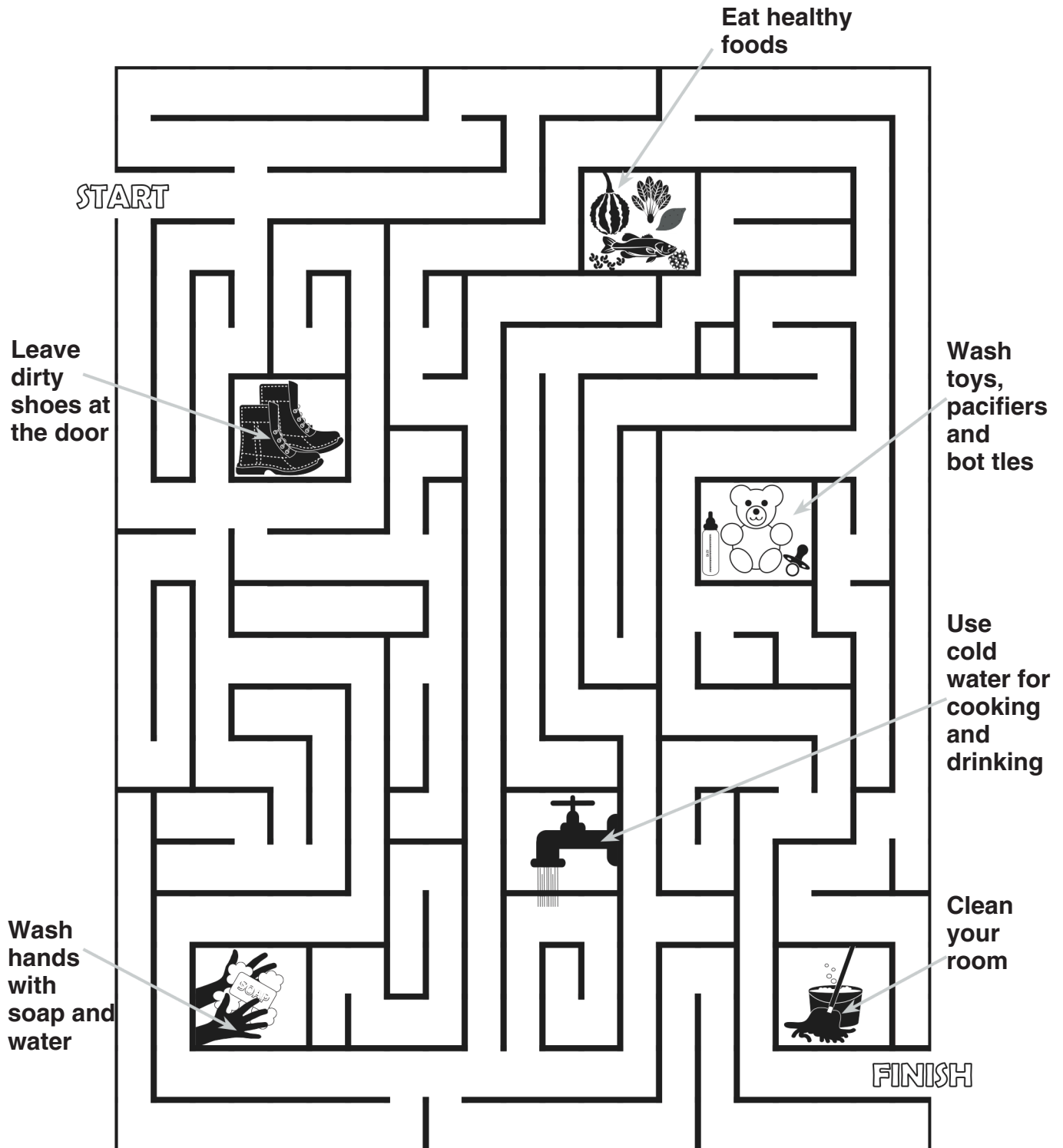
No amount of lead is safe for children and even small amounts of lead in the blood of children can result in lifelong health impacts. The good news is that lead exposure and lead poisoning are preventable.

Here are several actions we can take to protect children:

1. Talk to your healthcare provider about getting a blood lead test for your child.
Because lead exposure often occurs without visible or obvious symptoms, it frequently goes unrecognized.
2. Clean your home once a week using a clean, wet or damp cloth, sponge or mop to minimize dust, which may contain lead.
3. Inspect and maintain all painted surfaces to guard against deterioration and clean the area immediately with a wet wipe if you notice any peeling, chipping, chalking or cracking paint.
4. Eat a well-balanced diet with foods high in calcium, iron and vitamin C, which may help reduce the absorption of lead.
5. Use only cold water for drinking, cooking and preparing baby formula. Heat up cold water on the stove or in a microwave if hot or warm water is needed.
6. Use soap and water (warm or cold) to wash children's hands several times a day, especially before meals and after playing outside or with animals. One of the most common ways children can be exposed to lead is through contact with lead-based paint chips and dust in buildings and homes built before 1978 that have lead-based paint when they put toys, fingers and other objects in their mouths as part of their normal behavior.
7. Play in grass and dirt not contaminated with lead, and use designated picnic, camping and hiking areas.
8. Do not let children chew on painted toys, window sills or other painted surfaces.
9. Change and wash clothes, remove shoes and shower to avoid tracking lead into the home from soil, work sites or hobbies.
10. Before drinking, flush your home's pipes by running the tap, taking a shower, doing laundry or doing a load of dishes. The amount of time to run the water will depend on whether your home has a lead service line, and the length of the lead service line. Contact your water utility for recommendations on flushing times.
11. Hire a certified lead professional when renovation, repair or painting activities will disturb painted surfaces in a home built before 1978. Keep family and pets out of the work area.

Maze Fun!

Lead is a metal that might be in paint in your house and is not good for you. Make your way through the maze and learn six actions you can take to keep you and your family healthy.



Fill in the Blanks!

Fill in the blank with the best word from the word box for each statement below:

fruits

soap

toys

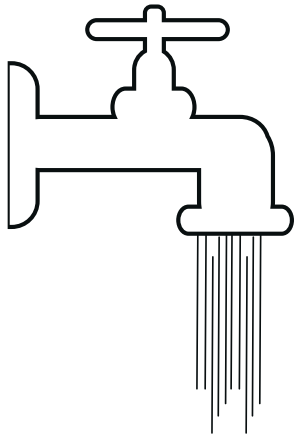
shoes

cold

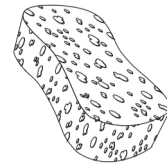
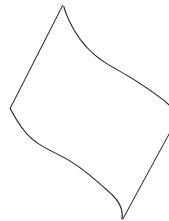
1. Use _____ water for drinking or cooking.
2. Wash your hands with _____ and water several times a day.
3. Remove your _____ when you come inside after playing or working outdoors.
4. Wash bottles, pacifiers and _____, like stuffed animals, often.
5. Eat plenty of _____ and vegetables.

Answers: 1. cold; 2. soap; 3. shoes; 4. toys; 5. fruits

Color Time!



Run the water before drinking or cooking.



Use a wet cloth, sponge or mop to clean.

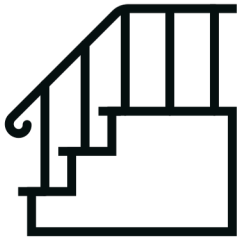


To keep my family healthy, I will...

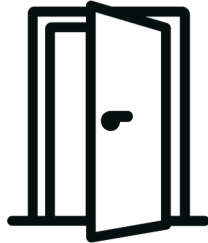
Draw or write which action you will do to keep your family healthy.

Crossword Puzzle!

Down:

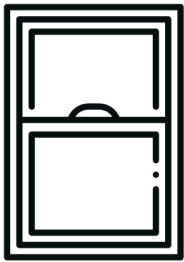


1



2

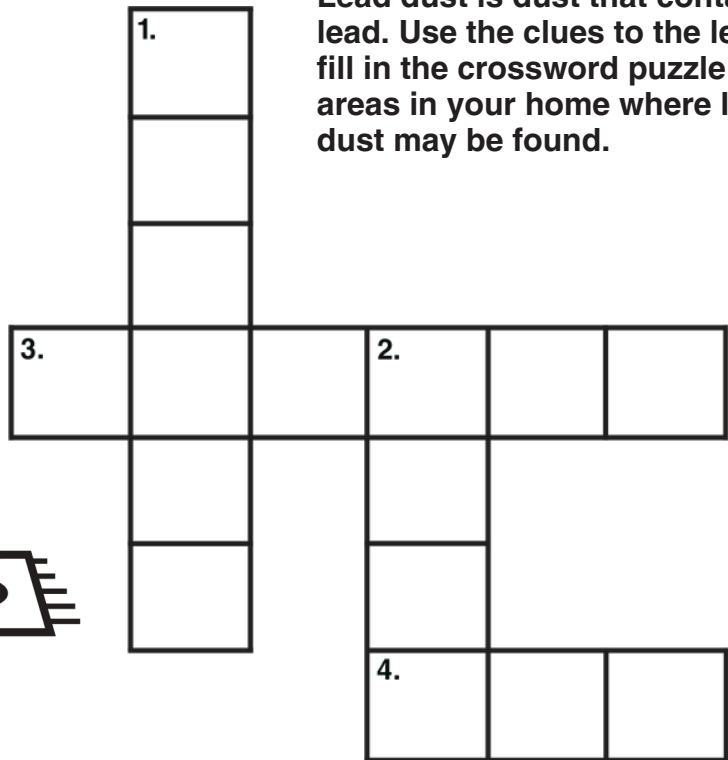
Across:



3



4



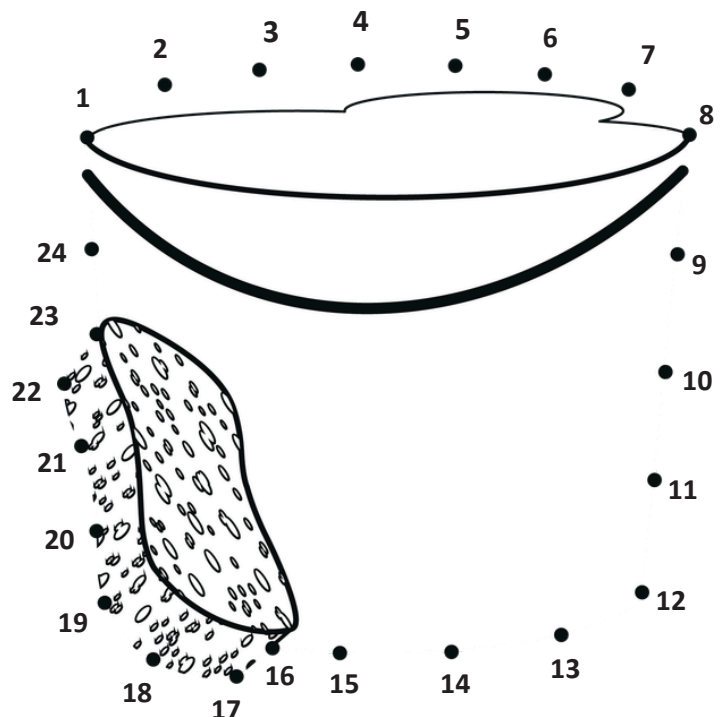
Lead dust is dust that contains lead. Use the clues to the left to fill in the crossword puzzle for areas in your home where lead dust may be found.

Answers: 1 down: stairs, 2 down: door, 3 across: window, 4 across: rug

Connect the Dots!

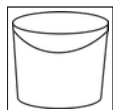
Use a wet cloth, sponge or mop for cleaning.

Join the dots starting and ending at 1 to discover two items you may use when cleaning.



Seek and Find!

Cleaning weekly keeps our homes lead dust free. Can you find the supplies needed to clean this home?



Bucket



Mop



Sponge



All-purpose
Cleaner



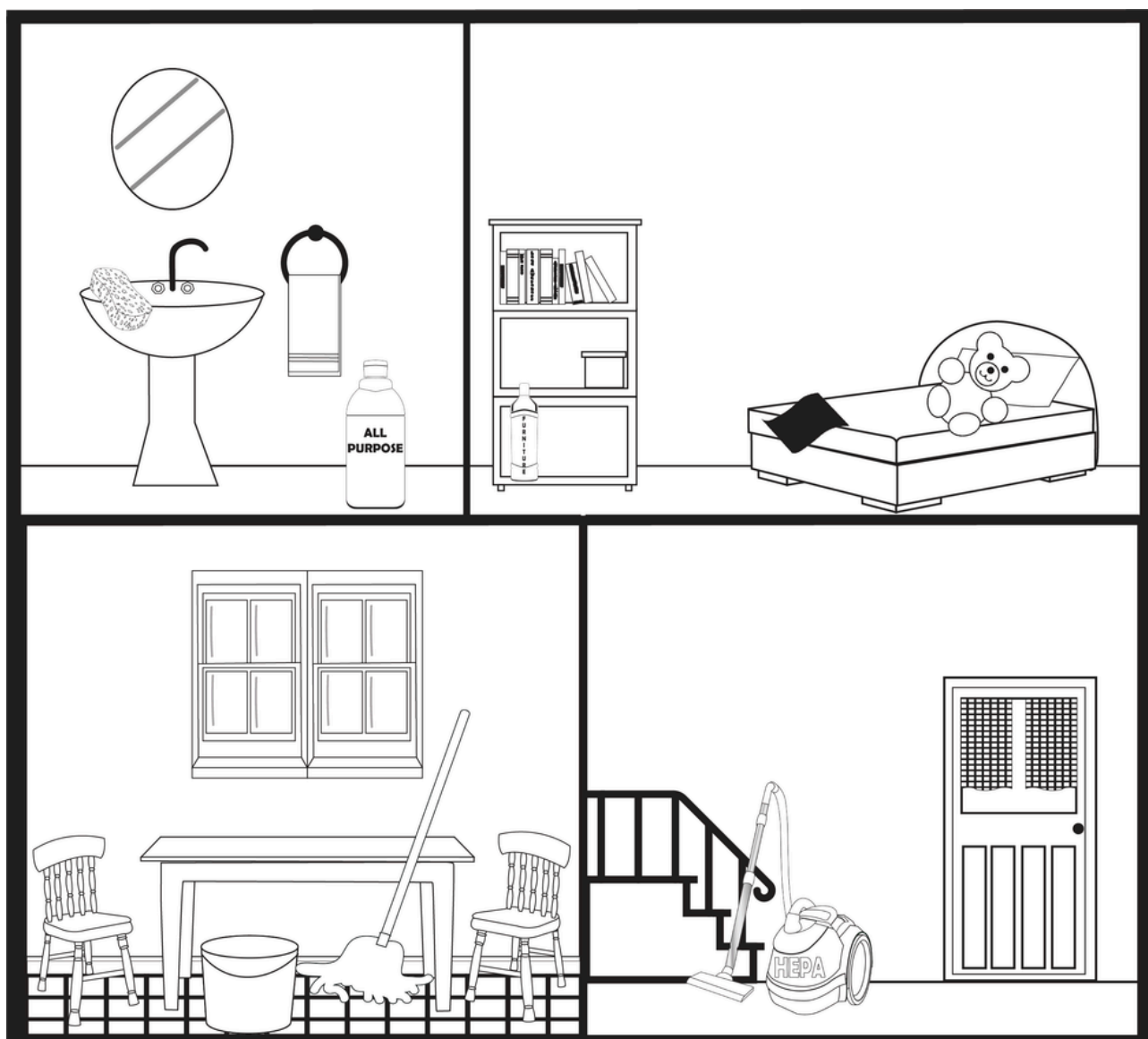
Cloth



Furniture
Polish



HEPA
Vacuum



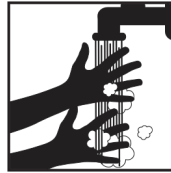
Tell an adult if you find peeling paint.

Handwashing!

Dust and soil can get on your hands when you play. You should wash your hands with soap many times a day using the Six Steps of Handwashing:



1. WET your hands.



4. RINSE.



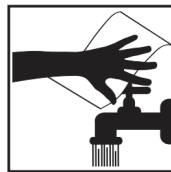
2. Add SOAP and lather.



5. DRY your hands with a clean towel.



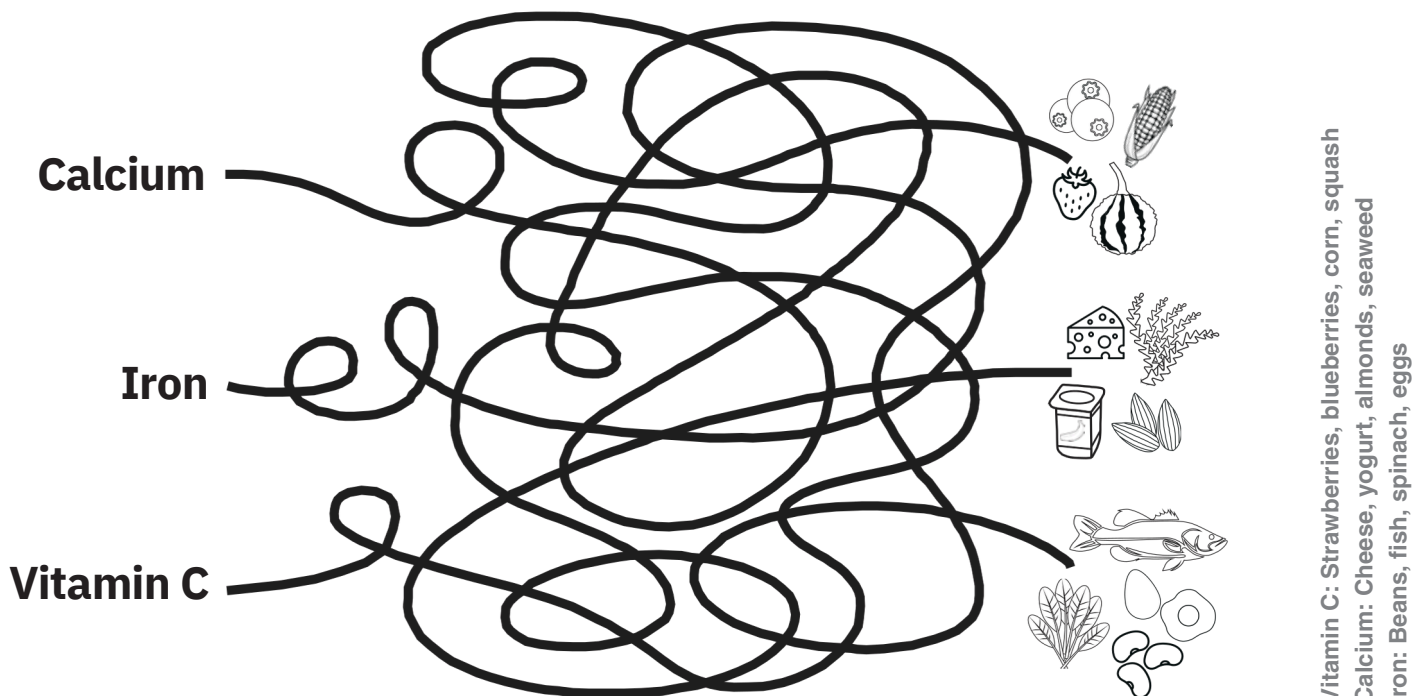
3. SCRUB and sing the Happy Birthday song twice.



6. Turn OFF the water with your towel.

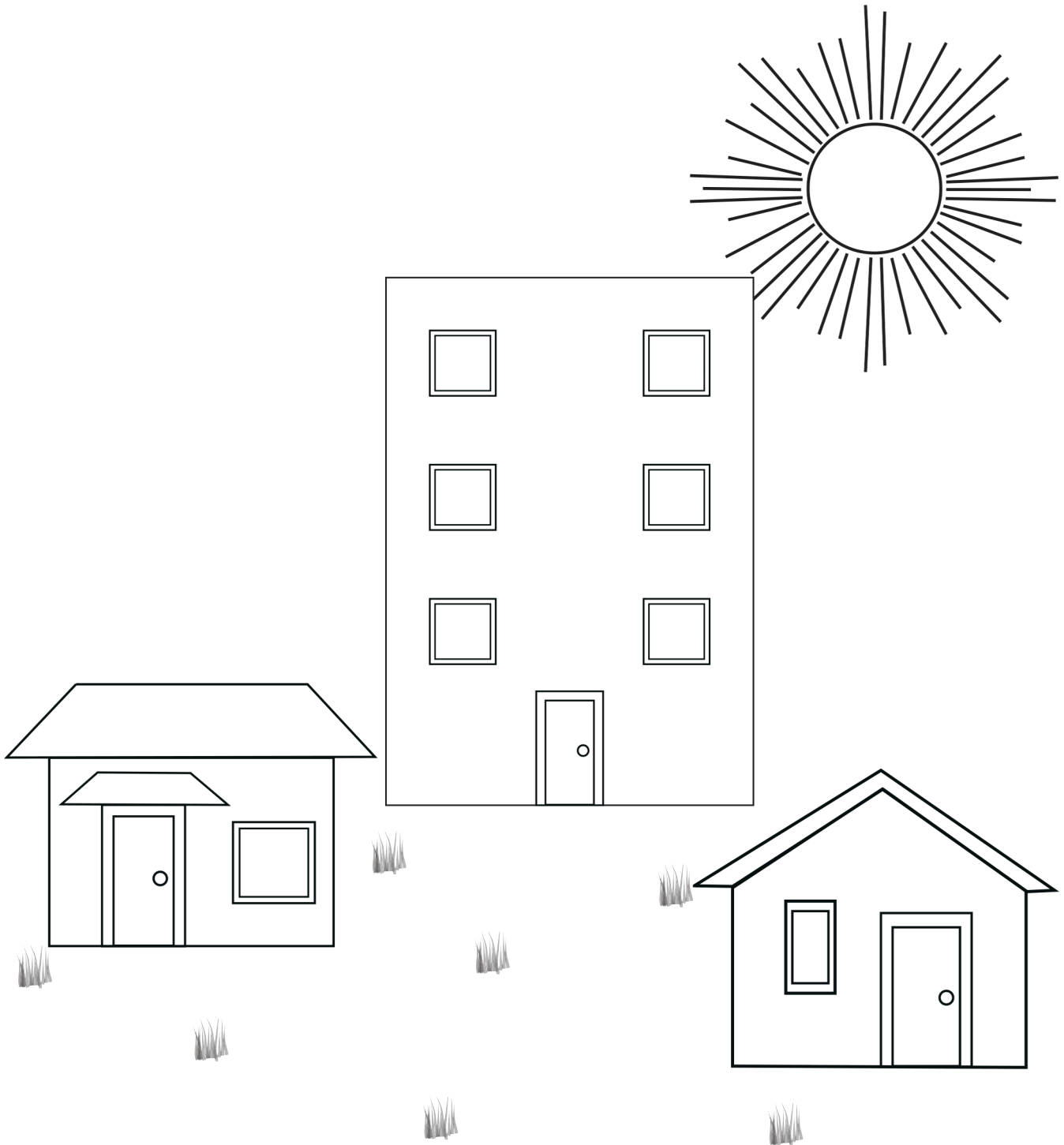
Follow the Trail!

Healthy foods with calcium, iron and vitamin C help our bodies grow. Follow the trails to find delicious foods with calcium, iron or vitamin C.



Color Time!

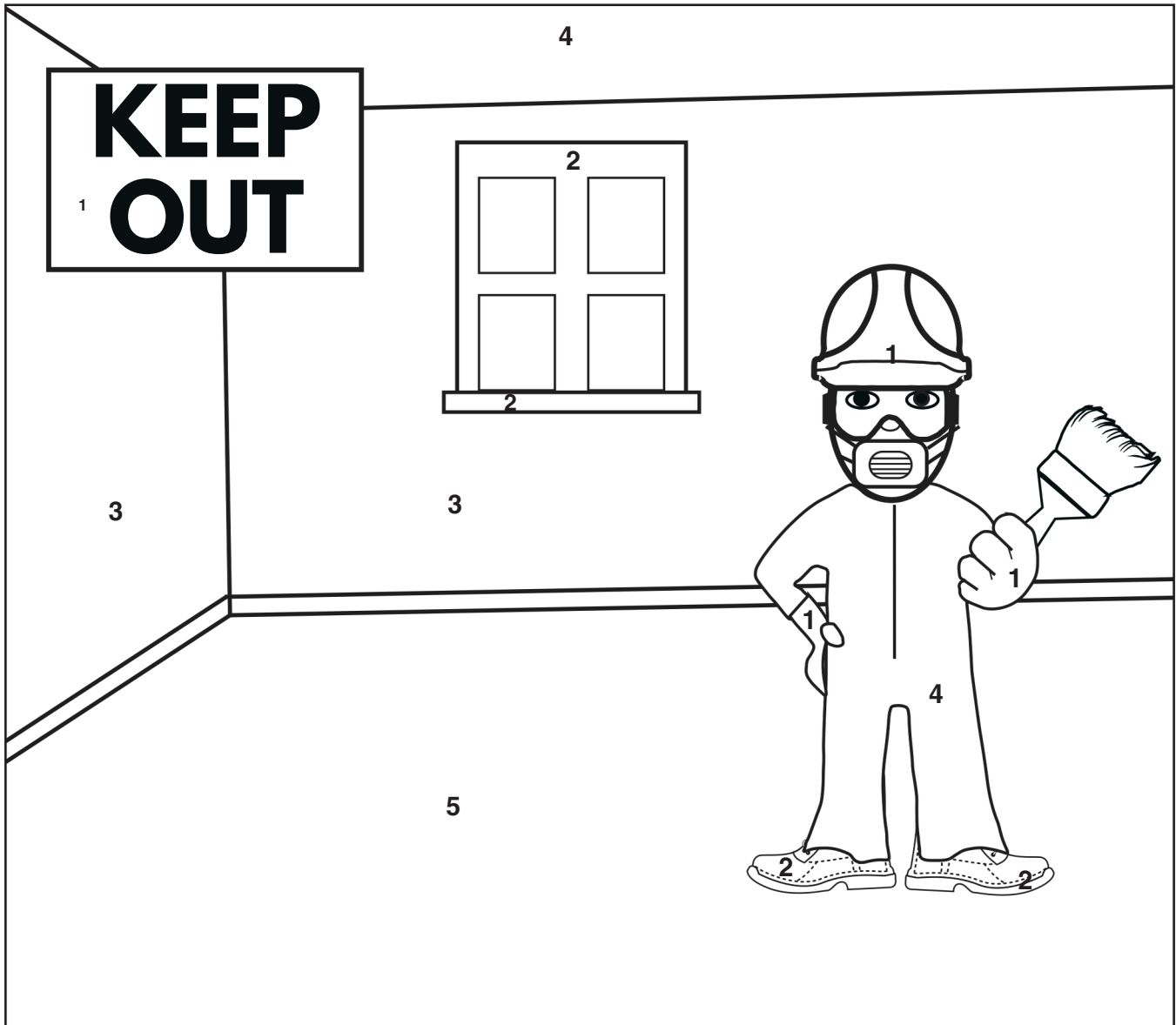
Older houses and apartments may have lead-based paint. If you find peeling paint, tell an adult. Color the houses and apartment building below using your favorite colors.



Color by Number!

Trained and certified workers can help make your home safe for you and your family, if your home has lead-based paint. Color the picture according to the key:

1 - orange 2 - brown 3 - yellow 4 - white 5 - blue



When someone works on a house or apartment with lead-based paint they will:

- Wear coveralls, gloves and a mask.
- Remove furniture, rugs and curtains.
- Cover everything with plastic.
- Ask everyone to stay out of the work area.



Stay out of the work area until work is done.

**For more information or to ask questions about lead,
contact the Crescenta Valley Water District at 818-248-3925.**

