



# Be a Lead-Smarty

Childhood Lead Poisoning is **preventable**. Prevention begins at home. Here are some lead-friendly tips that will help keep you and your family healthy!

If you have any questions, call us at (315) 448-8710 ☺

**Have your children tested for lead, even if they seem healthy.**

**Wash your children's hands before meals, snacks and before bedtime.**

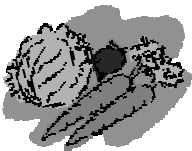


**Regularly wash your children's pacifiers and toys.**

**Remove your shoes before entering your house.**



**Make sure your children eat healthy, low-fat foods. Milk, meat, poultry, fish, green vegetables and citrus fruits are all lead-friendly foods. Iron & calcium are very important.**



**Make sure that your children get their rest. A good night's sleep is very important.**

**Regularly wet-clean your floors, window sills and other surfaces and areas where your children play.**

**Be aware of peeling and chipping paint. Talk to your landlord if you have questions or concerns.**

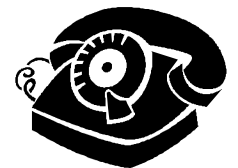


**Have your home tested for lead hazards.**

**Don't try to remove lead-based paint yourself. You could cause more problems. If remodeling, please call us at (315) 448-8710 for some additional precautions to take.**



**Look for the ASTM D-4236 stamp on crayons and other products. This stamp means that the product is lead free.**



**Let your water run about 15 seconds before drinking it.**

☺ **Healthy kids are HAPPY kids** ☺