

## What causes lead dust?

If your home or apartment was built before 1978, it may have lead paint.

- Lead dust comes from peeling, chipping, or damaged paint, or from sanding or scraping paint

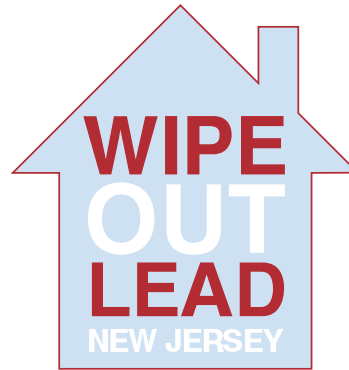
Certain household activities are likely to disturb lead-painted surfaces and create lead dust.

- Opening and closing windows and doors
- Bumping furniture or other objects against painted walls
- Home improvement activities



A tiny amount of lead dust can poison a child and cause a lifetime of problems.

Wipe Out Lead New Jersey provides free test kits to help expectant parents and families with children ages 0-6 create lead-safe home.



*Helping parents create lead-safe homes*

Wipe Out Lead NJ is a program of the New Jersey Department of Health and Senior Services, Maternal and Child Health, and is implemented under the direction of Family Health Initiatives, a subsidiary of the Southern New Jersey Perinatal Cooperative.

Wipe Out Lead NJ provides expectant parents and families with children ages 0-6 with free testing kits to check their homes for harmful levels of lead paint dust, the most common source of childhood lead poisoning.

For more information about the program call toll-free:

**Wipe Out Lead New Jersey**

**888-722-2903**

*Reducing your family's risk of lead poisoning*



**Get on track to protect your family with these helpful tips**

## What can I do now to protect my family?

- Test your child for lead.
- If you rent, tell your landlord about peeling or chipping paint.
- Always wash tables and countertops with a damp cloth before eating or preparing meals.
- Leave your shoes at the door so you don't bring in lead from soil.
- Have children play in areas with grass or other safe coverings instead of bare soil.
- Keep play areas clean. Wash bottles, pacifiers, toys, and stuffed animals regularly.
- Keep children from chewing on painted surfaces such as window sills, cribs or playpens.
- Make sure your family eats a well-balanced diet that is low in fat and high in calcium and iron. Include foods such as fish, green vegetables, milk and cheese.
- Use cold water for drinking or cooking since lead is more likely to be absorbed into warm or hot water.
- Children and pregnant women should not be in the home during any repairs that disturb paint.
- Call 1-877-DCA-LEAD for information on renovating your home using lead-safe methods.

## How can I clean lead dust?

There are special ways to clean lead dust. Here are some tips. You should do these at least once a week.

### Cleaning Uncarpeted Floors

(Tile, Linoleum, Wood, etc.)

#### Do Use....

- Damp cloths or paper towels
- Standard sponge or string-type mops and all-purpose soap or cleaner
- Two buckets: One for cleaning solution, one to rinse the mop (Change water frequently to avoid spreading lead dust you have already cleaned up)

#### Don't Use....

- Dry sweeping with broom or dry dust mop

### Cleaning Carpets and Rugs

#### Do Use....

- "Wet scrubbing" methods to remove stains
- Steam cleaning methods
- If you don't have a vacuum cleaner, use a damp mop to remove lead dust from carpeted areas

#### Don't Use....

- Dry sweeping of surface dust and debris
- Shaking or "beating" of carpets and rugs



### Dusting

#### Do Use....

- Damp cloths or wet paper towels

#### Don't Use....

- Dry dust cloths
- Feather dusters

### Window Sills and Window Frames

#### Do Use....

- Damp cloths or wet paper towels

#### Don't Use....

- Dry dust cloths
- Feather dusters

### Cleaning Tables, Countertops, Walls, and Other Flat Surfaces

#### Do Use....

- A damp or wet soft cloth or paper towel
- A solution of water and soap or an all-purpose cleaner