

Childhood Lead Exposure



6 Actions to Reduce Your Family's Risks

1. Wash Hands and Toys Frequently
2. Leave Shoes (and dirty clothes) at the Door
3. Damp Mop and Dust
4. Create Barriers to Suspected Lead Paint
5. Keep Windows Closed
6. Eat a Well-Balanced Diet

****iron, calcium, magnesium and vitamins C and D****

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