Use these tips to reduce the risk of exposing your child to lead poisoning.

**What You Can Do at Home:**

- **Keep your child away from peeling paint.** Homes built before 1978 may have been painted with a lead-based paint. Move cribs, high chairs and playpens and keep your child away from paint that is peeling, chipping or fading.
- **Wet mop floors and wet wipe window sills.**
- **Wash toys and pacifiers often.**
- **Wash your child’s hands and face before they eat and before they go to bed.**

**Other Tips:**

- **Plant grass or cover open dirt with plants or gravel** if the soil around the home is or is likely contaminated with lead. Soil may contain higher levels of lead due to the peeling and chipping of exterior lead-based paint from older homes.
- **Ask people to wipe their feet** or take their shoes off before coming inside. 
- **Talk to your child’s doctor before giving him or her natural remedies.** Always talk to your child’s doctor about any concerns or questions you may have about medications.
- **Watch your child’s diet.** Foods high in calcium and iron help protect a child’s body from absorbing lead.

**Talk to your doctor about testing your child’s blood for lead poisoning.** It can be as easy as a quick finger stick.

Children should be tested at one and two years of age and if you think your child has been exposed to a lead hazard.

**What you should take to the doctor:**

- Key personal information, including where you live and whether you or your child has been close to any sources of lead
- A list of medications, vitamins or supplements you or your child takes, including doses

**Questions for your child’s doctor about lead:**

- Has my child been tested for lead poisoning?
- If not, what tests are needed?
- What does my child’s lead test result mean?
- Is the condition temporary or long-lasting?

To learn more about lead poisoning prevention and blood lead testing, call the Oklahoma Childhood Lead Poisoning Prevention Program at 800-766-2223.