Prevention

IOWA LEAD PROGRAM
Prevention
Adult Safety
Child Safety
Certification

Lead poisoning is 100% preventable.

1. **Houses built before 1978 probably contain lead.** *Assume your pre-1978 home has lead unless you test painted surfaces with a lead test kit from a home supply store or hire a lead professional. Contact your local public works or health department for information on testing your water for lead.*

2. **Get tested for lead.** *Talk with your doctor or local public health department about getting tested for lead exposure. Children under 4 years in age are the most likely to become lead poisoned in the home and should be tested annually.*

3. **A clean home is a safe home.** *Lead can be found on dusty and dirty surfaces in the home and on children's toys. Lead exposure occurs when children put their hands and toys in their mouths or breath in lead dust. Clean surfaces and toys using common household cleaning products.*

4. **Keep children's play area away from lead paint hazards.** *Many young children are exposed to lead while looking out of windows or playing around windows. Keep children away from windows and other areas in the home where paint is chipping or peeling.*

5. **Renovate safely.** *If you're hiring workers, make sure they are trained in lead-safe work practices. If you're doing the work yourself, take a course in lead-safe work practices.*

For more information contact the Iowa Department of Public Health
800-972-2026, idph.iowa.gov/lpp

IDPH
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