

A Guide to Finding Lead in Your Home

Outdoors

Exterior Paint

Homes built before 1978 likely have lead-based paint on the outside. Exterior paint that is chipped or peeling can suggest that lead paint is present.

Soil

Lead can build up in soil over time. Avoid touching bare soil around your home and take your shoes off at the door. Always remember to wash hands after going outdoors. To create a safer yard, cover areas of bare soil with grass or mulch.

Doors & Windows

Dust from lead-painted front doors may collect near the entrance of your home. Opening and closing windows can cause dust from lead paint to collect on your window sill. Clean dusty interior surfaces around your window and front door with a wet towel.



A Guide to Finding Lead in Your Home

Indoors

Interior Paint

Homes built before 1978 may contain lead-based paints. When lead-based paint gets old, it tends to chip and be present in dust. To know if your home contains lead paint, ask your landlord or take an instant lead test to check for lead (\$10, Home Depot).

Body

If your job or hobbies involve working around lead, be sure to leave your work clothes at work. Taking showers and washing hands regularly will protect you and your family from lead exposure.

Food and Diet

To avoid consuming lead, always wash your hands before eating and avoid foods stored in clay containers. An iron-rich diet is an easy and important way to fight against lead harm. Foods rich in iron include beans and peas, meat (?), green leafy vegetables like spinach and broccoli, dried fruits, and cereals and grains.

Toys

Lead dust may collect on toys and objects. Use a wet towel to wipe down objects daily.

