

PREVENTING LEAD POISONING STARTS AT HOME.

Keep out lead by removing your shoes



Wet mop and dust weekly, especially around high use areas, like windowsills and doorways



If your home was built before 1978, get your paint tested and follow the EPA's Lead Safe Work Practices when painting or doing repairs

Avoid using imported, decorative ceramics or aluminum cookware for serving or preparing food



Eat foods rich in iron and calcium



Research your water quality by visiting your local water authority's site or reading your local Consumer Confidence Report



Lead can cause developmental delays and other serious health issues.



To learn more and get basic tips on reducing sources of lead in your home, visit www.kingcounty.gov/lead