

Short-term Actions to Prevent Exposure to Lead

Interim controls are short-term actions that can be used until permanent repairs are possible. Use the steps below to protect your child from lead exposure.

To protect your child from lead paint:

Wash children's hands and toys to remove lead dust.

- ✓ Keep play surfaces clean.
- ✓ Keep bottles and pacifier nipples clean.
- ✓ Do **NOT** let children play with keys.

Restrict children from areas and items where lead is used for work or hobbies.

- ✓ Wash work clothes separately from other family laundry.

Create safe play areas for your child inside and outside the home.

- ✓ Indoors: Create play areas in the center of the room and away from flaking paint.
- ✓ Outdoors: Create play areas away from the house. Areas around the foundation of a house can have high levels of lead due to chipping paint.
- ✓ Prevent children from eating paint chips and dirt or chewing on woodwork.

Place furniture or other barriers in front of windows with flaking paint.

- ✓ Old windows may have large amounts of lead dust and paint chips.
- ✓ Move cribs or beds **away** from walls or windows with flaking paint.
- ✓ Do not place toys under windows.

Feed your child healthy foods with calcium, iron, and vitamin C.

- ✓ These foods may help keep lead out of the body.
- ✓ Always wash your child's hands before eating.



If there is flaking lead paint in your home:

Wet clean indoor floors, window sills, porches, and decks weekly.

- ✓ **Do NOT** scrape or sand painted surfaces.
- ✓ Use a wet paper towel or wipe to remove loose paint chips and dust before cleaning.
- ✓ Use an all-purpose cleaner (or detergent).
- ✓ Wash or replace mop heads and cleaning cloths to prevent spreading lead dust.
- ✓ **Only** vacuum cleaners with a HEPA (High Efficiency Particulate Air) filter should be used.
Do NOT dry sweep or vacuum using an ordinary vacuum cleaner.

Prevent tracking lead dust into the home.

- ✓ Place doormats at entrances.
- ✓ Take shoes off at the door.

Change air conditioning and heating unit filters regularly.

- ✓ Remove and throw away dirty filters and install new ones.



For more information, visit nchealthyhomes.com or call 919-707-5951.

This fact sheet was adapted from the Wilson County Health Department.

