

## Cleaning Tips

**Items needed: cloths, mops or sponges, three buckets, cleaning product\*, disposable bags**

- Collect any visible debris using wet cloths or a vacuum equipped with a HEPA filter before mopping or cleaning. Fill three buckets with clean, hot water. One bucket should contain a mix of hot water and a recommended cleaning product\*. The second and third buckets should contain hot rinse water.
- After first dipping the cloth, mop or sponge into the detergent water mix (bucket #1), vigorously mop up a small portion of the floor or hard surface you are cleaning, and rinse the cloth by squeezing it in bucket #2. Then dip the cloth in bucket #3 to ensure it is completely clean before dipping it again into bucket #1 that contains your cleaning water.
- Clean the second portion of the floor or hard surface you are cleaning and continue in this cycle until the room has been completely cleaned. Change the water in the buckets periodically.
- **Remember that surfaces should be scrubbed in one direction (left to right, or right to left) only, rather than with a back-and-forth motion. Similarly, all vertical surfaces—such as walls, window trim, and stairs—should be cleaned from the top down.**
- Once cleaning with the detergent has been completed for the room, pour the old rinse water from bucket #3 down the toilet, wash the bucket, and fill it with clean, hot rinse water. Using a new cloth, sponge or mop, rinse the cleaned surfaces.
- If you have a vacuum cleaner that has a HEPA filter on it, run that over all cleaned surfaces.
- For carpeted floors, clean the entire surface well with a HEPA-equipped vacuum cleaner.

\*Recommended cleaning product may include ¼ cup automatic dishwasher detergent to 1 gallon of water.

## Lead Safety Tips

Take precautions before you or your contractor begin remodeling or renovating anything that disturbs painted surfaces (such as scraping off paint or tearing out walls.)

We recommend hiring someone trained to perform lead remediation work. **Call 449-8600 for information on local contractors who are trained in lead-safe work practices.**

### Instructions:

1. Have your home tested for lead-based paint.
2. Don't use a belt-sander, propane torch, high-temperature heat gun, dry scraper or dry sandpaper to remove lead-based paint. These tools create large amounts of lead dust and fumes. Lead dust can remain in your home long after the work is done.
3. Temporarily move your family (especially children and pregnant women) out of the home until work is done and areas are properly cleaned. If you can't move your family, completely seal off the work area.
4. After any renovation or remodeling work is done, work areas have to be cleaned thoroughly. Consider hiring someone to perform a clearance exam to make sure the area was cleaned up properly and that no lead dust remains.
5. Follow other safety measures to reduce lead hazards. You can find out about other safety measures by calling 449-8600. Ask for the brochures on safe remodeling practices.

# Parent's Guide to Lead Reduction



Visit the  
Allen County CLPP's  
website at [www.allencounty-clpp.com](http://www.allencounty-clpp.com)  
for links to lead-related websites.

FOR MORE INFORMATION CALL:  
**260-449-8600**

Allen County

**C L P P**

Childhood Lead Poisoning Prevention

[www.allencounty-clpp.com](http://www.allencounty-clpp.com)

1 East Main Street • 5th Floor  
Fort Wayne, IN 46802  
260-427-1391 fax

**LEAD POISONING**

THE EFFECTS CAN BE DEVASTATING

*Test your Home. Test your Child.*

## Some Things to Think About...

Lead poisoning is a serious threat to children. As a parent, you may be scared but there are simple things you can do to reduce your child's exposure to lead.

**You always can call 449-8600 for help and assistance.**

Getting rid of the lead hazards in your home is the best way to keep your children protected. Following these hints also will help keep your children safe from lead.



**If you think your child has been exposed to lead, get him or her tested for lead poisoning. Call your doctor or 449-8600 for more information about screening times and locations.**

### Chipping & Peeling Paint

- Never dry-scrape or dry-sand lead-based paint —this just creates lead dust.
- Clean all paint chips with a damp cloth or a HEPA filter-equipped vacuum cleaner. Don't use a broom!
- Always hire a lead trained professional for correcting lead problems.

### Dust

- To minimize lead dust in your home, refer to the Cleaning Tips section of this pamphlet.

### Dirt

- Don't let your children play in the dirt unless it is a sandbox that you know has no lead-contaminated dirt.
- Wash your children's hands after they play outside and before they eat.
- When choosing a spot for a sandbox, play set or garden, pick a spot in the yard away from the edge of the house or garage and away from the road.
- Wipe pets' feet before they come inside your home or after they've been sitting in a window.

### Water

- Let your water run for at least four minutes before cooking or drinking.
- Only use cold water from the tap for cooking and drinking.
- Let hot water from the bathtub faucet run for a couple of minutes before filling the tub for a bath.

### Dishware

- Some dishes sold in this country contain lead in the glaze. If a piece of dishware has a crack in the glaze, don't let your kids use it and don't use it in the microwave unless you know it does not contain lead.
- Don't set a dish drying rack in front of a window that contains lead.

### Jewelry

- Don't let kids put jewelry, even children's jewelry, in their mouths.
- Don't let babies and toddlers wear bracelets or necklaces unless you are certain they don't contain lead.

### Miscellaneous

- Don't let your kids chew on keys, cell phones, cordless phone antennas, batteries or cigarette butts.
- Wash pacifiers, sippy cups and baby bottles regularly and always after they fall on the floor.
- Don't use Mexican pottery for storing food or eating or cooking unless you know it is lead-free.
- Don't let your child drink from a porcelain toy tea set.
- Be sure the candles you burn in the house have lead-free wicks.
- Look for miniblinds that are labeled "lead-free" or "no lead content."
- Don't leave buck shot, bird shot or fishing tackle lying in areas accessible to children.

### Hygiene

- Wash your children's hands with soap and water several times throughout the day, especially after playing outside, with pets and before eating.

### Job & Hobbies

- If you work where you might get lead on your clothes or if you have a hobby such as hunting, fishing, working on cars, refinishing antique furniture, etc., change your clothes before coming into your house and wash these clothes separately from the rest of the family. Don't wear your work shoes in the house. Take a shower and wash your hair before playing with your children. Make sure you clean the inside of your car frequently if you wear your work clothes in your car.



### Nutrition

- Some candy made in Mexico contains lead. Call 449-8600 to see if the candy your child likes to eat has been recalled because of lead.
- Don't store opened canned foods in their original cans—put leftovers in a plastic container.
- Make sure your kids get lots of fruits, vegetables, lean meats and dairy products in their diet. If your child has milk allergies, talk to your doctor about calcium alternatives.
- Talk to your child's doctor about good multivitamins.
- Some cultural remedies such as Greta, Azarcon and Thanakha may contain lead.

