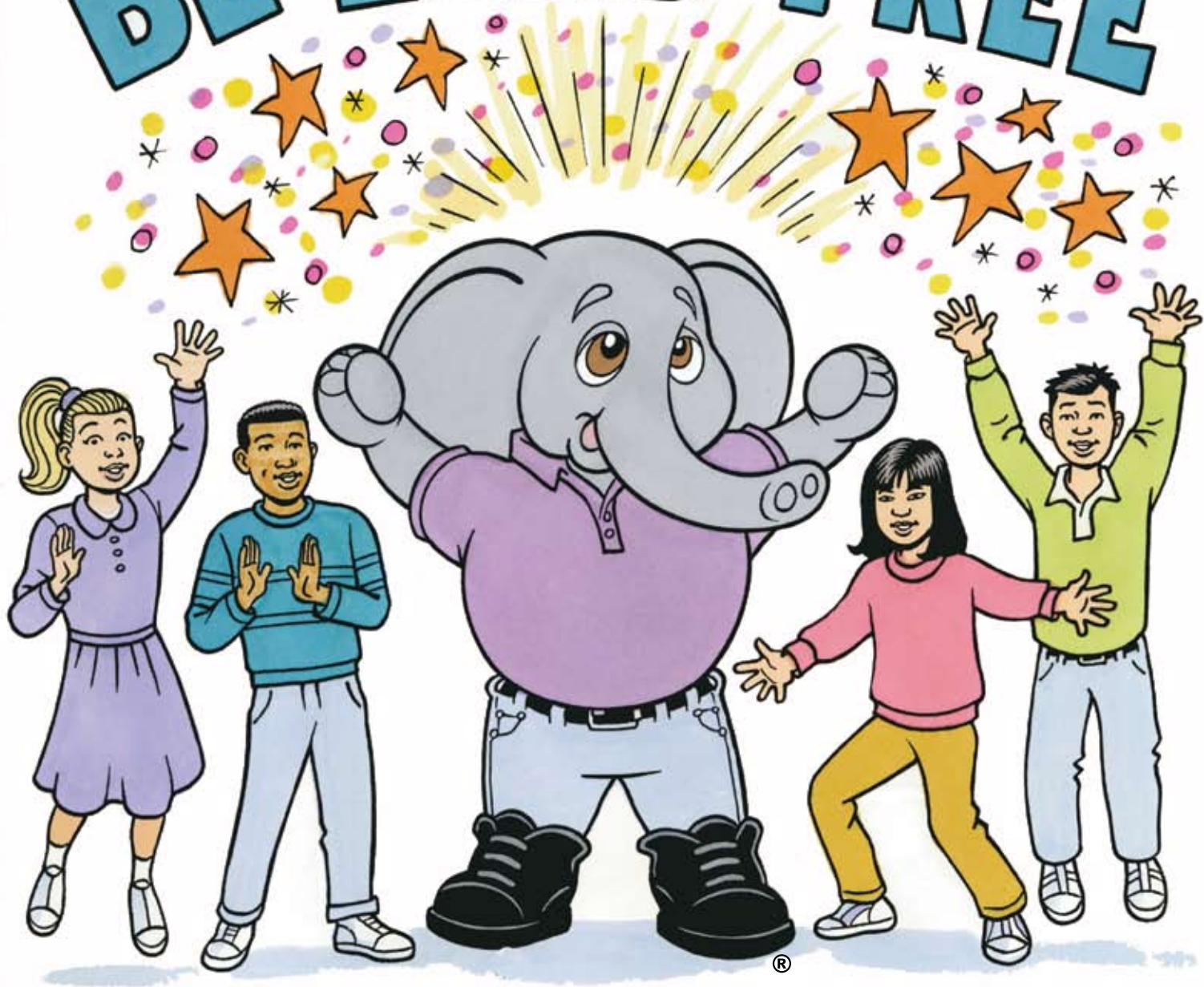


# BE LEAD FREE



PATFORD

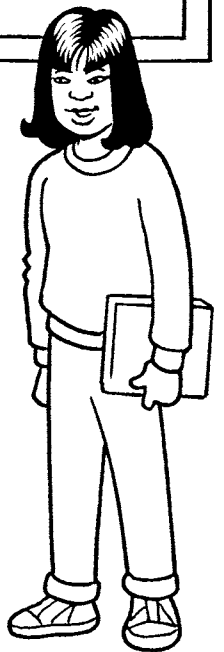
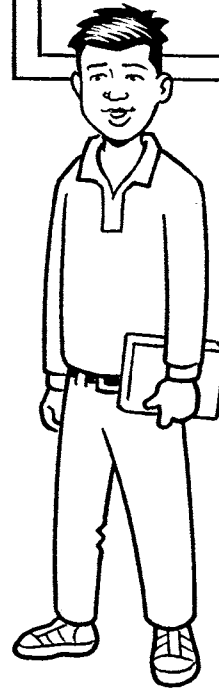
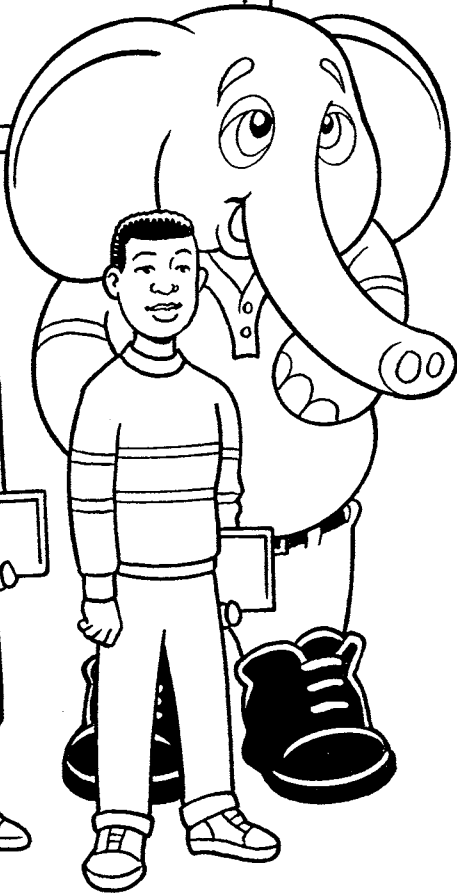
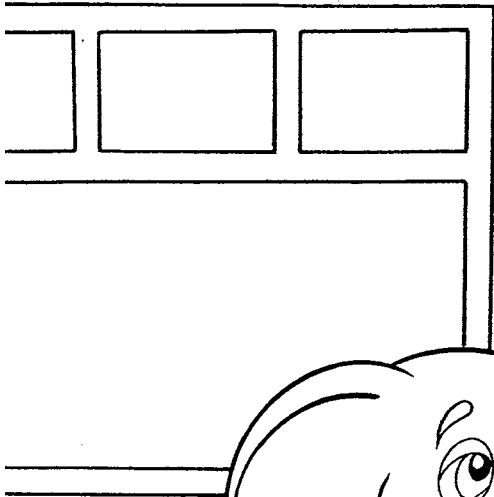
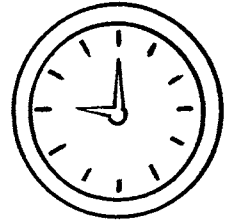


LEAD CAN MAKE YOU SICK, SO STAY AWAY FROM LEAD.

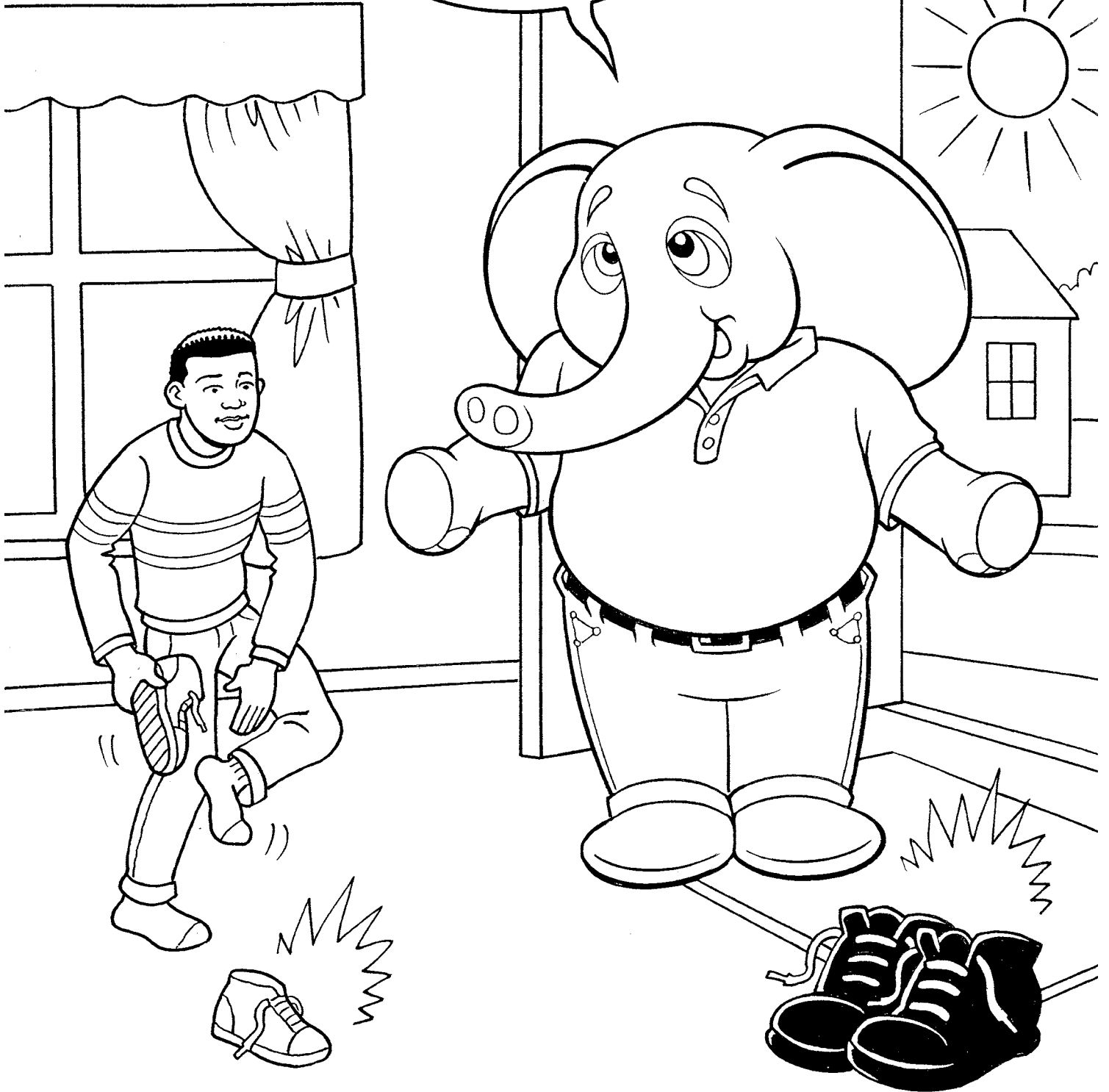
BE LEAD FREE



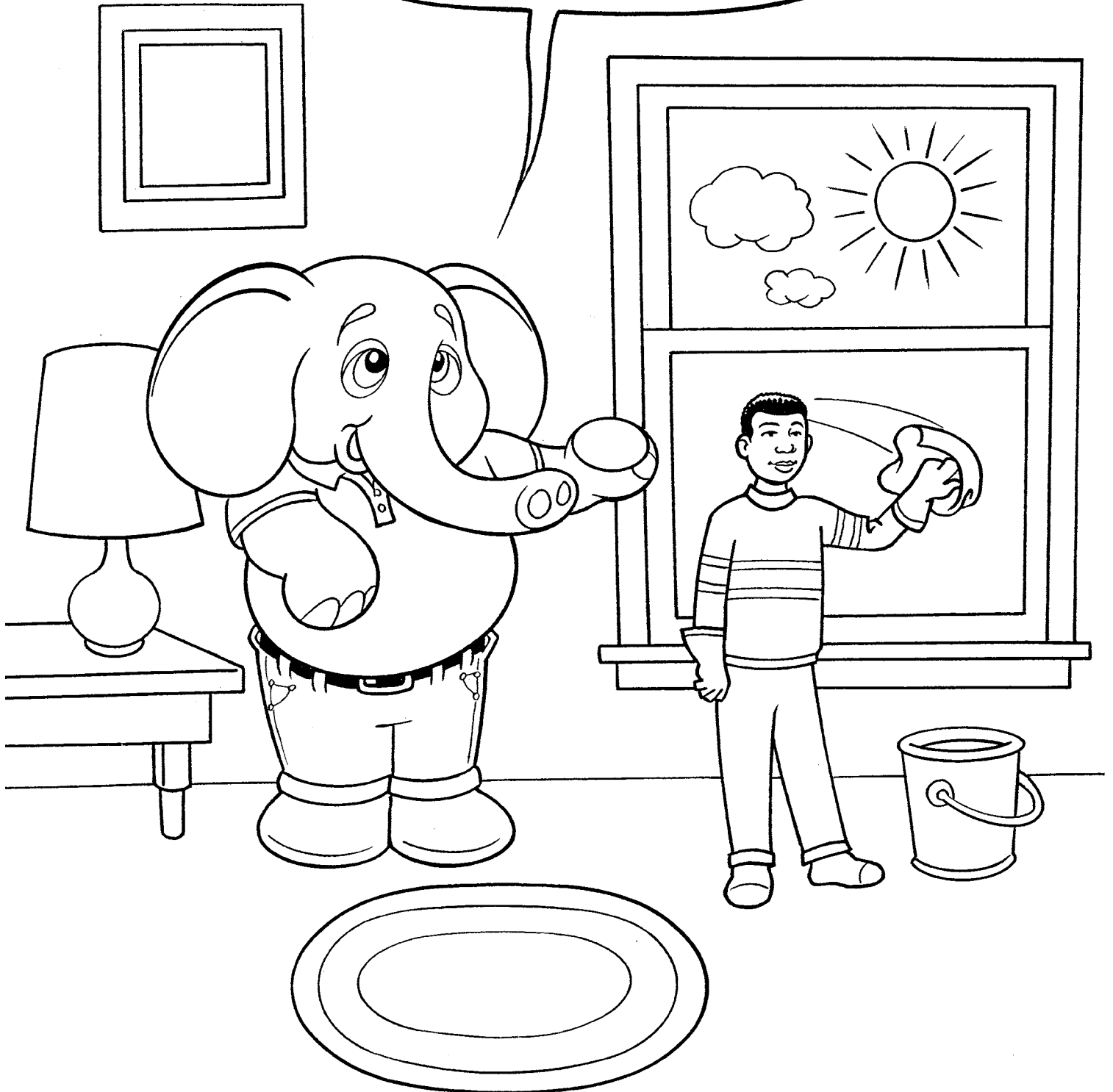
LEAD HIDES IN  
DUST, PAINT AND DIRT.



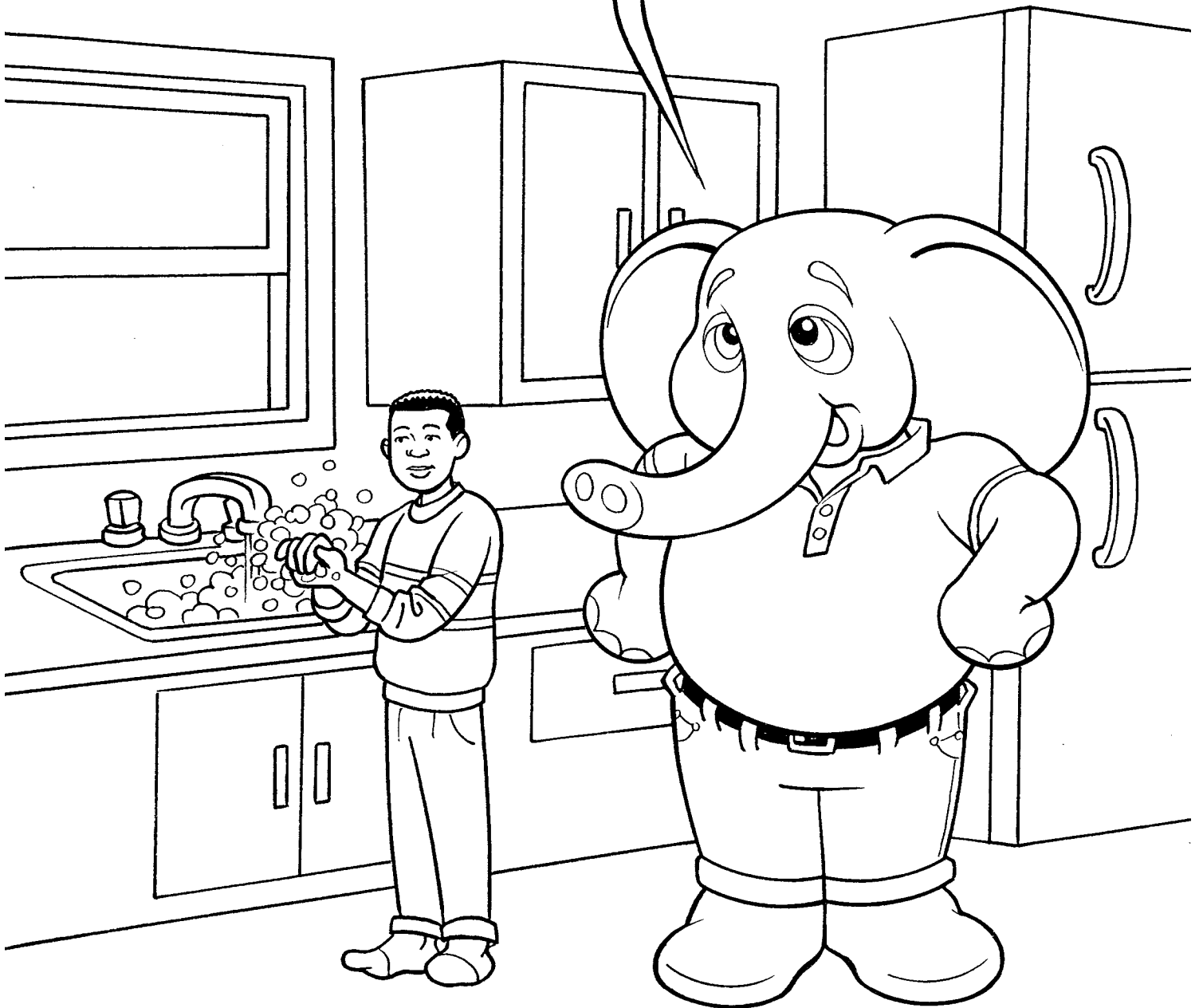
SO TAKE YOUR SHOES OFF WHEN YOU GO HOME.

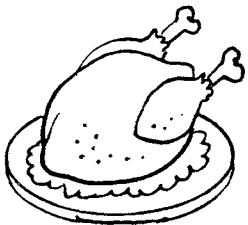
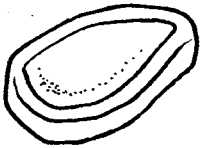
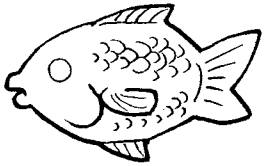
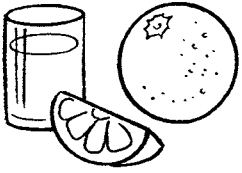
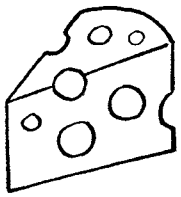


AND WASH THE FLOORS AND  
WINDOWSILLS WITH A WET CLOTH  
TO WIPE AWAY THE DUST.

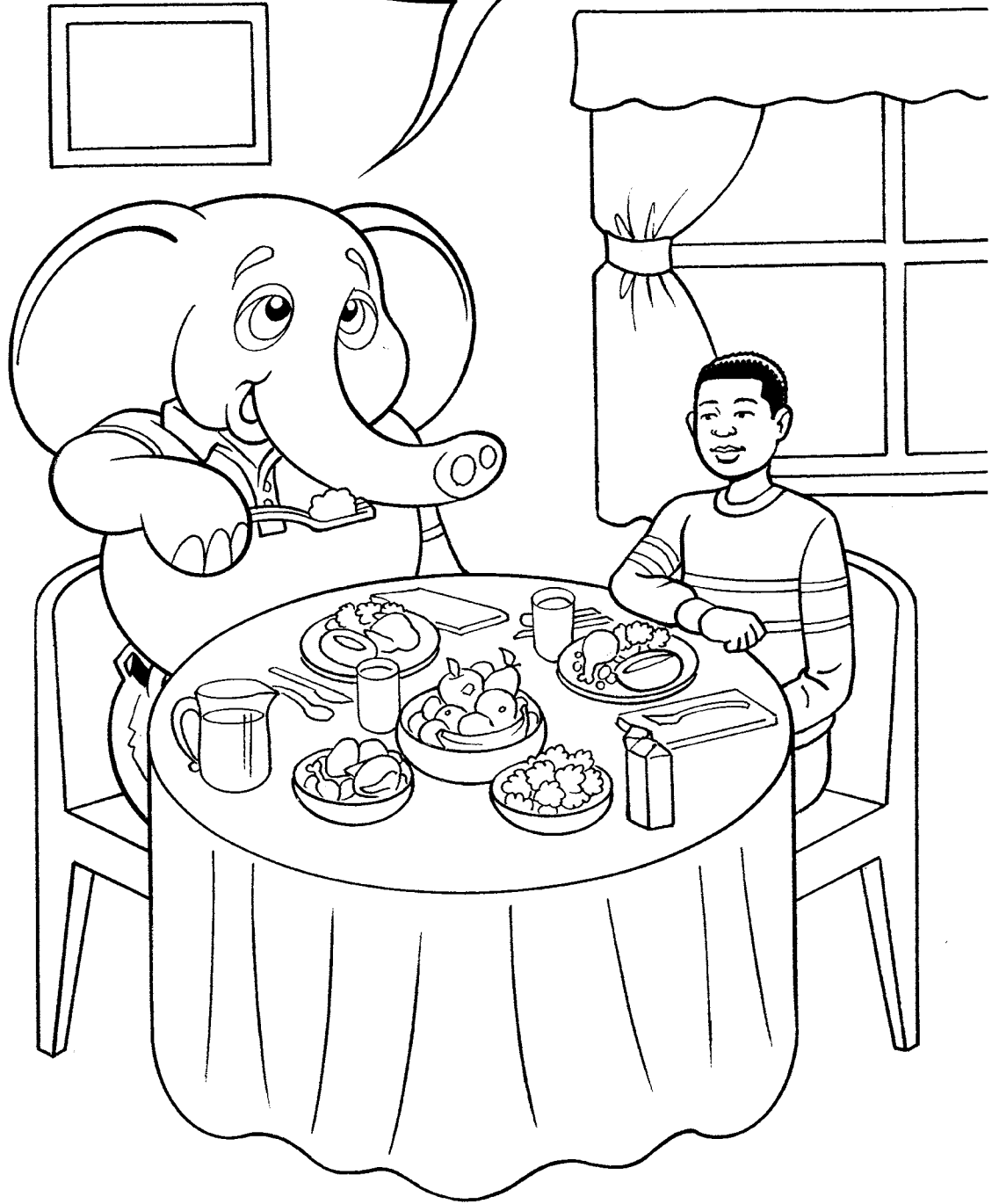


AND WASH YOUR HANDS  
OFTEN, ESPECIALLY  
BEFORE YOU EAT.

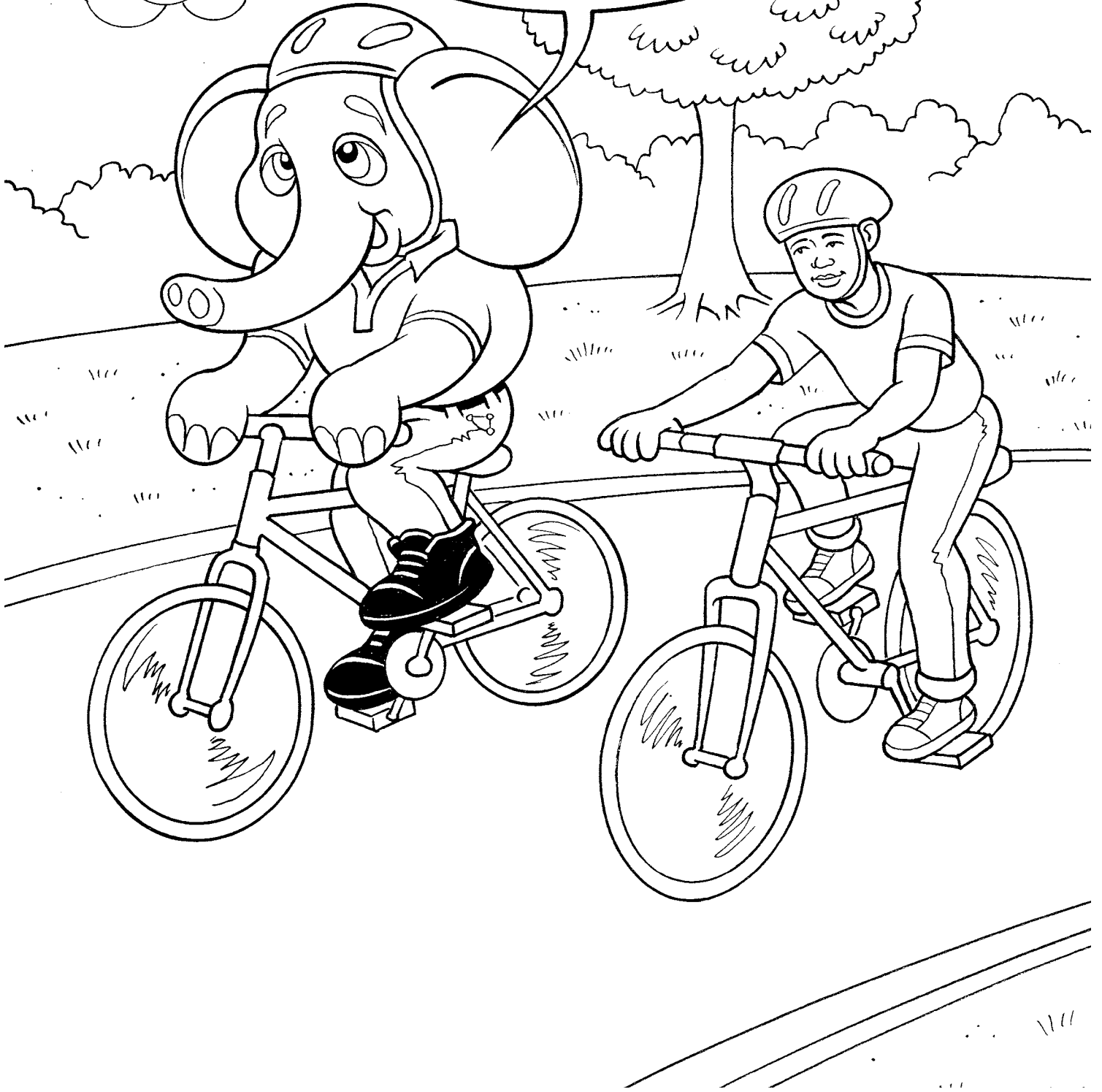




MAKE SURE YOU  
EAT HEALTHY FOODS.

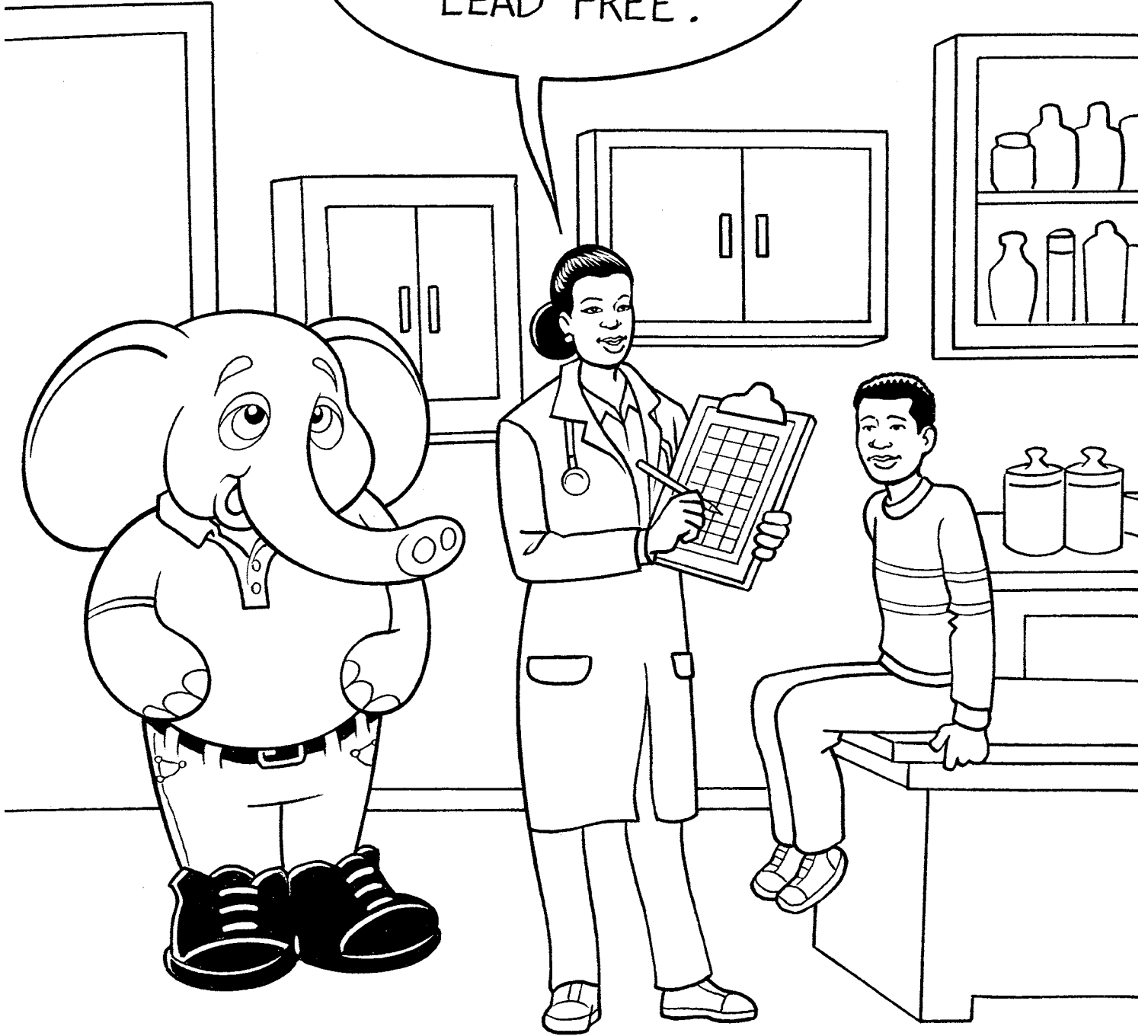


IRON, CALCIUM AND  
VITAMIN C HELP KEEP  
US LEAD FREE!

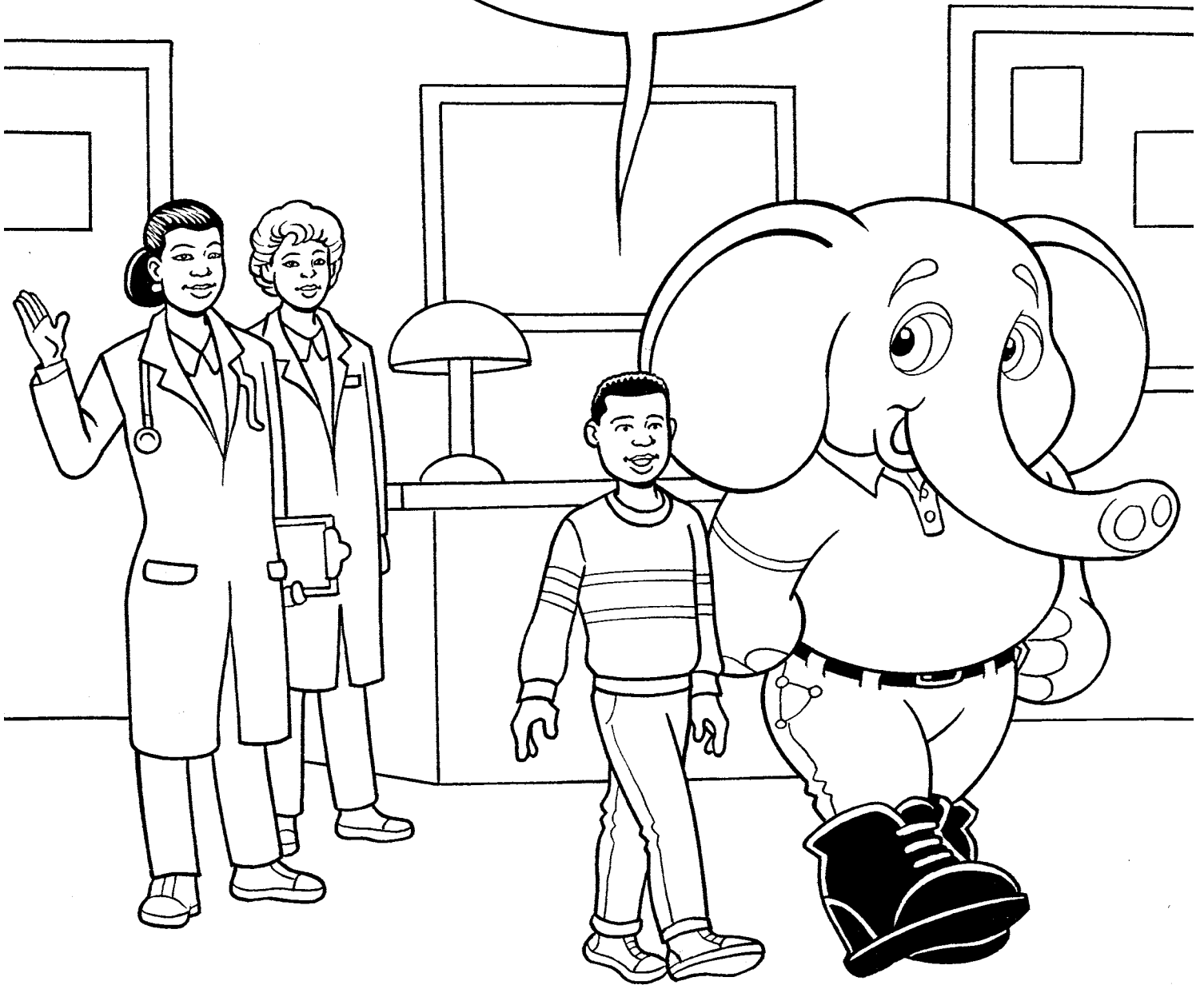




GET TESTED TO  
MAKE SURE YOU'RE  
LEAD FREE.

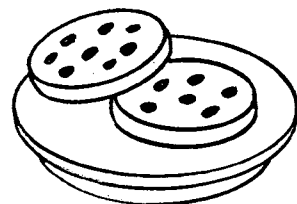
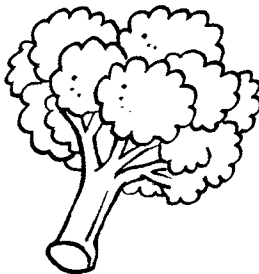
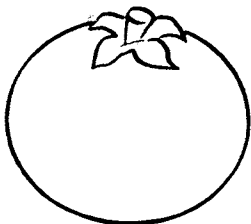
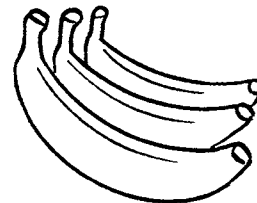
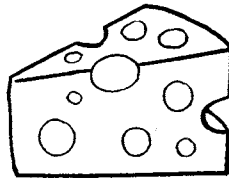
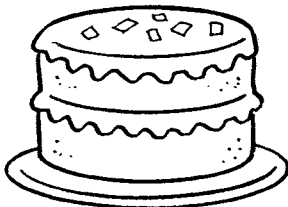
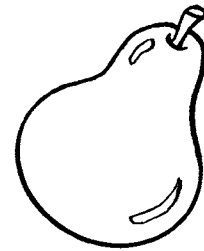
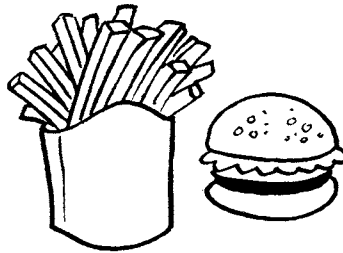
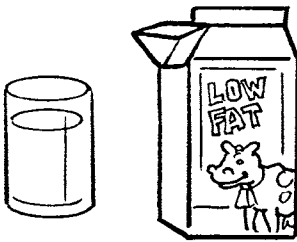
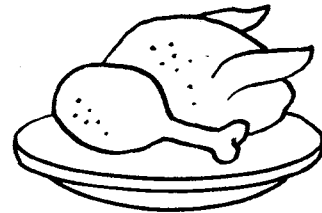
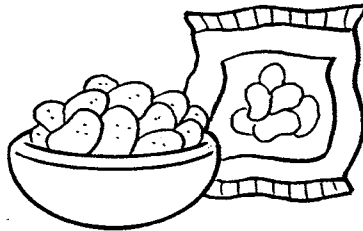
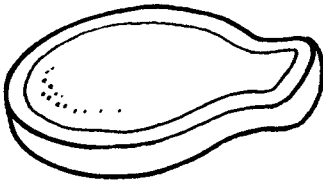
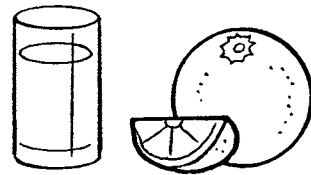
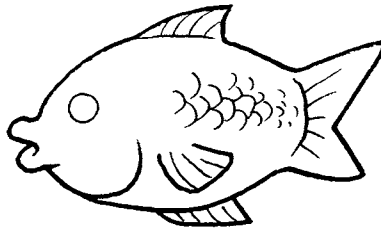
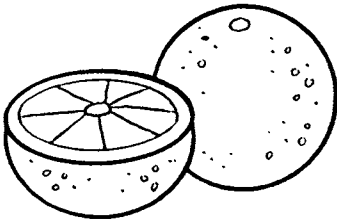
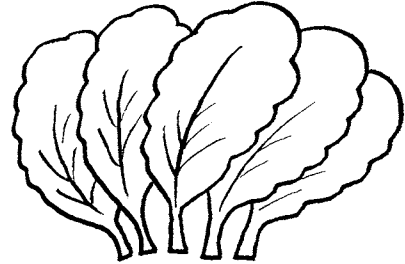
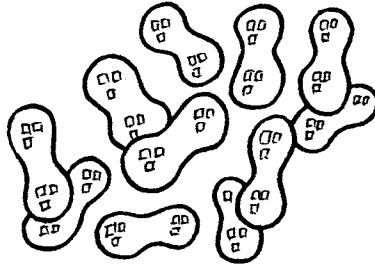
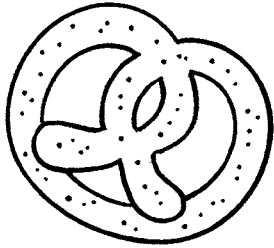


HOORAY!  
MY BODY IS  
SAFE FROM LEAD.



# CIRCLE THE 10 FOODS THAT HELP KEEP YOU LEAD FREE

Answer Key:  
 Peanuts, Spinach, Grapefruit,  
 Fish, Orange Juice, Pork  
 Chop, Baked Chicken,  
 Low-Fat Milk, Cheese,  
 Broccoli



# FIND THE WORDS

B C A L C I U M E R U F  
O L T E L H F A F X I L  
H O R A N G E M A N T O  
A T C D J N O E S V E O  
N H S A W I N D O W S R  
D B H E A T C F G E T S  
S K O G T R D I R T E P  
F R E E E L G R A F D G  
I T S G R S P A I N T V  
N O R I B H E A L T H Y

CLOTH CALCIUM SHOES FREE HEALTHY  
LEAD ORANGE WET EAT SAFE FLOORS DIRT  
IRON WASH WATER WINDOWS TESTED  
HANDS PAINT

## Parent Page

### What is lead poisoning?

- Lead is a metal that can harm the human body. Any lead ingested in the body is a form of lead poisoning. Serious problems can arise when the lead level reaches over 10 micrograms/deciliter.

### What are the health effects from lead poisoning?

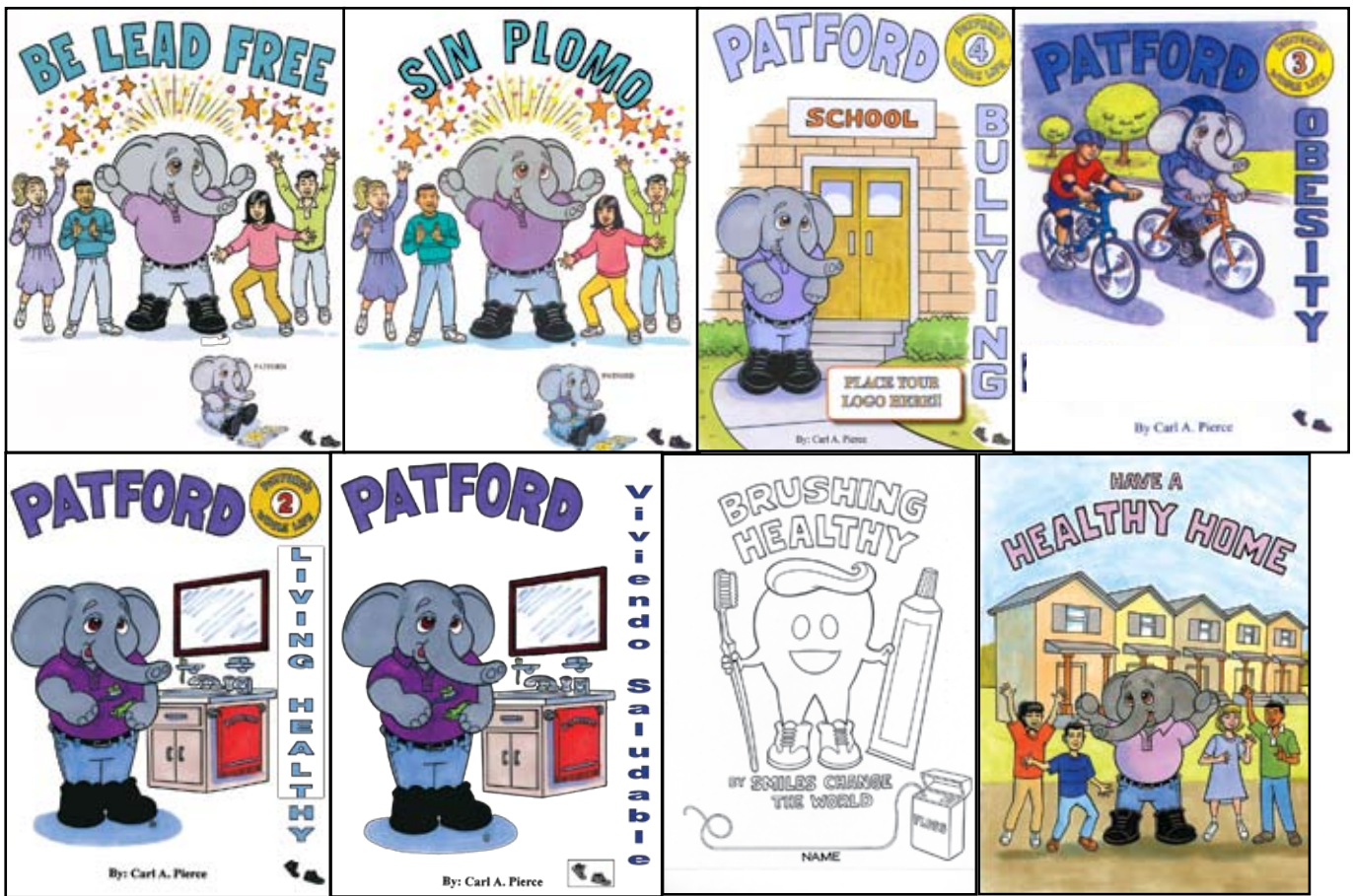
- Your child may have a hard time
  - Paying attention
  - Learning a new skill
  - Controlling his or her behavior

### Where does lead come from?

- Your house - in **dust** and paint chips
- Your drinking water - from the pipes
- Old toys painted with lead paint
- Pottery or dishes from other countries
- Food stored in metal cans in the refrigerator
- The ground and dirt

### Tips to help reduce lead poisoning:

- Wash your child's hands often: after playing outside, before eating, and before bed.
- Wash toys and pacifiers often.
- Wipe off floors and windows with a wet cloth once a week to get rid of lead dust.
- Run water until it reaches the coldest temperature.
- Use the coldest water for cooking and drinking.
- Make sure your children get enough calcium, vitamin C and iron.
- Clean or remove shoes before anyone enters the house to keep lead outside.
- Get your child tested for lead poisoning once a year, starting when he or she is 9 months old (See the back of this book for numbers to call for lead testing).



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[www.olweus.org](http://www.olweus.org)  
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