Lead Away!™
Helping to Prevent Lead Poisoning

Learn to stay healthy together as a family!
Learn About Lead! Learning about lead can help your whole family stay healthy. Lead might not be something you can easily see, but everyone in your family can work together to keep the lead away.

WHAT IS LEAD?
Lead is a kind of metal that can be found in some common items. If lead gets into the body, it can make people sick, especially young children whose bodies are growing. When lead gets into the body, it is called lead poisoning.

WHERE CAN LEAD BE FOUND?
Knowing where lead can be found is the first step in keeping it away. Lead might be found in:

- dust
- peeling paint
- old ceramic or pewter cookware
- some imported cosmetics, toys, and crayons
- soil
- old pipes
- some toy jewelry and amulets

Keep the Lead Away Make sure your whole family knows these simple steps to stay safe from lead.

STAY AWAY FROM DUST
Let your child know that it’s important to stay away from dusty things. You can help keep lead away by wet-dusting and wet-mopping regularly.

LEAVE YOUR SHOES AT THE DOOR
Explain to your child that having family and visitors take their shoes off at the door will help keep lead away from your home. It’s an easy way to make sure that dirt and dust stay outside. Together with your child, use paper and crayons to make a “Please leave your shoes at the door” sign to post near your door.

WASH YOUR HANDS BEFORE YOU EAT
Show your child how to wash his hands well with soap and warm water by washing yours at the same time. Together, wash your hands for at least 20 seconds. Try singing “Twinkle, Twinkle, Little Star” and keep scrubbing until you’re done!

STAY AWAY FROM PEELING PAINT
If you have peeling paint in your home, contact your local health department to find out the best ways to clean it up. Paint that has lead in it can crack, peel, and crumble into dust that children may eat or breathe in. Set up places for your child to play that are free from peeling paint. Explain to your child that peeling paint could have lead in it, so it’s important to stay away.

CHECK YOUR CHILD’S TOYS
Look at your child’s toys to see if they are dusty or have any chipped or damaged areas. Find out about toy recalls by visiting the U.S. Consumer Product Safety Commission at cpsc.gov.
Elmo’s Trip to the Doctor  Read this story together with your child as you prepare for his blood test.

Elmo and Mommy were going to the doctor. “Mommy, why is going to the doctor?” Elmo wanted to know. “The doctor is going to look at your blood to make sure you are healthy,” said. Elmo thought that sounded a little scary! But Mommy said that he would feel just a tiny pinch, and she promised to hold his furry little . When Elmo and Mommy got to the doctor’s office, they played with a and looked at pictures in . Soon, a nurse called Elmo’s name. Elmo and Mommy went with her to another room. The nurse told that she was going to take a tiny bit of blood from the tip of Elmo’s finger. Elmo held Mommy’s hand and they sang a song about a . Elmo felt just a tiny pinch, and then the blood test was over! The nurse put a bright on Elmo’s finger. “What a brave monster you are!” she said. Mommy hugged Elmo. Elmo felt so proud!

All About Blood Tests
A blood test can help you find out if your child has any lead in her body. It’s important to know so you can make sure she gets help if she needs it. Here are some tips on blood testing:

1. Check with your doctor, city or county, or local health department to find out if you should have your child’s blood tested for lead.

2. Check with your doctor about the best time to test your child. Usually, children are tested at ages 1 and 2.

3. Download the Lead Away Wallet Card from sesamestreet.org/lead. Print a copy to keep with you. Your doctor can update it each time your child is tested. Be sure to ask what the lead levels mean.

4. Talk to your child about the blood test. It can seem scary, but knowing what to expect can be comforting. Together, read “Elmo’s Trip to the Doctor” to help your child understand what will happen.
Visit sesamestreet.org/lead for more information
Download the Lead Away Wallet Card plus a special activity for kids!