



# Get the Lead Out - Protect the Children in Your Care

## “Lead exposure gives children an unfair start in life ...”

*Dr. Janean E. Dilworth-Bart, Ph.D*

Lead poisoning can harm many of the body’s systems and can interfere with normal behavioral and intellectual development in children. Because lead poisoning may have no obvious symptoms, it frequently goes unrecognized.

As a care provider, you play an important role in keeping children safe from lead hazards. If your childcare center or home was built before 1978, it could contain lead-based paint. If it was built before 1960, it most likely has lead-based paint. Protect children and staff, and prevent potential liabilities, by having your facility assessed by a licensed professional lead-based paint risk assessor and/or lead-based paint inspector.

You can do your part by ...

### Encouraging good habits and maintaining a safe environment

1. Every morning run tap water at least two minutes before using it for cooking or drinking. Use only cold tap water to prepare baby formula.
2. Have children remove shoes and badly soiled clothes at the door.
3. Have children wash their hands after playing outside and before eating, drinking and sleeping.
4. Keep children away from paint chips and dust.
5. Use a damp disposable mop or a vacuum with a HEPA filter to clean floors.
6. Dust window sills, shelves, furnishings and toys with a damp disposable cloth, especially after vacuuming the floor.
7. Routinely check for and repair chipping, peeling, chalking or cracked paint in your facility. Deteriorated paint is a hazard and needs immediate attention.

## Quick Facts

- There is no safe level of lead exposure for children.
- The major source of lead exposure among children is dust from lead-based paint.
- Lead goes to the blood stream, and lead in blood impairs brain and behavioral development.
- Children absorb much more of the lead they ingest than do adults.
- About 310,000 children in the U.S. under six years old have high blood lead levels.
- 80% of all children’s lead-related exposures come from thumb-sucking and other hand-to-mouth behaviors.

# More Information and Resources

## Washington State



For information on child care centers and family home child care minimum licensing requirements.

**Washington State Department of Early Learning**

1-888-270-0614 <http://www.del.wa.gov/ccel/index.shtml>



To find a state certified lead-based paint inspector, risk assessor, or a specialty contractor to remove lead-paint hazards.

For information on lead-based paint hazards, and how to work safely with lead-based paint. For information on the types of lead-based paint work that requires certification.

**Washington State Lead-Based Paint Program**

**Department of Community, Trade and Economic Development (CTED)**

360-586-LEAD (5323) <http://www.cted.wa.gov/lead>



For information on lead and its effect on human health.

**Washington State Dept. of Health**

1-888-586-9427 <http://www.doh.wa.gov/ehp/>

## King County



For information on lead and its effect on human health.

For information on blood lead testing.

**Public Health - Seattle & King County**

206-205-4394 <http://www.metrokc.gov/health/tsp/lead.htm>



For information on doing your own renovating, remodeling and painting work.

For information on disposing of hazardous waste.

**Local Hazardous Waste Management Program in King County**

**Business Waste Line:** 206-296-3976

**Household Hazards Line:** 206-296-4692 <http://www.govlink.org/hazwaste/>

You can also request for or download booklet:

- *Guideline for Working with Lead-Based Paint in Washington State*

[http://www.govlink.org/hazwaste/publications/LeadPaintGuidelines\\_05.pdf](http://www.govlink.org/hazwaste/publications/LeadPaintGuidelines_05.pdf)

## United States



For information on federal lead paint rules & regulations for housing and child occupied facilities.

**U.S. Environmental Protection Agency (EPA)**

**National Lead Information Center:** 1-800-424-LEAD (5323) <http://www.epa.gov/lead>

You can also request for or download booklet:

- *Protect Your Family From Lead in Your Home*

<http://www.epa.gov/oppt/lead/pubs/leadprot.htm>



For information on lead safe work practices.

**U.S. Department of Housing and Urban Development**

202-755-1785 <http://www.hud.gov/offices/lead/>

You can also request for or download booklet:

- *Lead Paint Safety: A Field Guide for Painting, Home Maintenance and Renovation Work*

<http://www.hud.gov/offices/lead/training/LBPguide.pdf>