

# Reduce Lead Exposures at Home

## Home:



Cover up chipping paint



Take off shoes & use a doormat before going indoors



Wash hands often, especially children

## Outdoors:



Cover bare soil with sand, wood chips, stone, or sod



Plant fruit and vegetable gardens on raised soil beds

## Body:



Eat a diet with calcium, iron, and vitamin C



Eat green vegetables, cereals, beans, citrus and cilantro

## GET INVOLVED!

CONTACT EAST YARD COMMUNITIES FOR ENVIRONMENTAL JUSTICE AT  
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