

Lead Awareness KIDS ACTIVITY BOOK



Dear Caregivers,

No amount of lead is safe for children and even small amounts of lead in the blood of children can result in lifelong health impacts. The good news is that lead exposure and lead poisoning are preventable.

Here are several actions we can take to protect children:

1. Talk to your healthcare provider about getting a blood lead test for your child. Because lead exposure often occurs without visible or obvious symptoms, it frequently goes unrecognized. A blood lead test is the only way to know if someone has lead poisoning.
2. Clean your home once a week using a clean, wet or damp cloth, sponge or mop to minimize dust, which may contain lead.
3. Inspect and maintain all painted surfaces to guard against deterioration and clean the area immediately with a wet wipe if you notice any peeling, chipping, chalking or cracking paint.
4. Eat a well-balanced diet with foods high in calcium, iron and vitamin C, which may help reduce the absorption of lead.
5. Use only cold water for drinking, cooking and preparing baby formula. Heat up cold water on the stove or in a microwave if hot or warm water is needed.
6. Use soap and water (warm or cold) to wash children's hands several times a day, especially before meals and after playing outside or with animals. One of the most common ways children can be exposed to lead is through contact with lead-based paint chips and dust in buildings and homes built before 1978 that have lead-based paint when they put toys, fingers and other objects in their mouths as part of their normal behavior.
7. Play in grass and dirt not contaminated with lead, and use designated picnic, camping and hiking areas.
8. Do not let children chew on painted toys, window sills or other painted surfaces.
9. Change and wash clothes, remove shoes and shower to avoid tracking lead into the home from soil, work sites or hobbies.
10. Before drinking, flush your home's pipes by running the tap, taking a shower, doing laundry or doing a load of dishes. The amount of time to run the water will depend on whether your home has a lead service line, and the length of the lead service line. Contact your water utility for recommendations on flushing times.
11. Hire a certified lead professional when renovation, repair or painting activities will disturb painted surfaces in a home built before 1978. Keep family and pets out of the work area. If you decide to perform the work yourself, make sure to follow EPA's lead-safe work practices for DIYers at [epa.gov/lead/rrp-diyers](https://www.epa.gov/lead/rrp-diyers).

These are just some of the many actions we can take to reduce and prevent childhood lead exposure. For more ideas, visit: [epa.gov/lead/actions](https://www.epa.gov/lead/actions). For general information or to ask questions about lead, call the National Lead Information Center at 1-800-424-5323.

Maze Fun

Lead is a metal that might be in paint in your house and is not good for you. Make your way through the maze and learn six actions you can take to keep you and your family healthy.

The maze contains the following elements:

- START**: Located at the top left of the maze.
- Eat healthy foods**: A label with an arrow pointing to a box containing a watermelon, a leafy vegetable, and a fish.
- Leave dirty shoes at the door**: A label with an arrow pointing to a box containing a pair of boots.
- Wash toys, pacifiers and bottles**: A label with an arrow pointing to a box containing a teddy bear, a baby bottle, and a pair of scissors.
- Use cold water for cooking and drinking**: A label with an arrow pointing to a box containing a faucet.
- Wash hands with soap and water**: A label with an arrow pointing to a box containing hands being washed with a bar of soap labeled 'SOAP'.
- Clean your room**: A label with an arrow pointing to a box containing a bucket and a mop.
- FINISH**: Located at the bottom right of the maze.

Fill in the Blanks

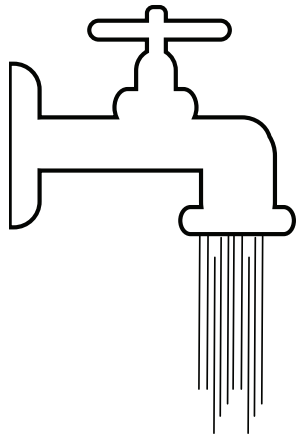
Fill in the blank with the best word from the word box for each statement below:

fruits soap toys shoes cold

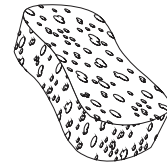
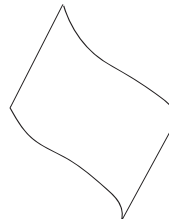
1. Use _____ water for drinking or cooking.
2. Wash your hands with _____ and water several times a day.
3. Remove your _____ when you come inside after playing or working outdoors.
4. Wash bottles, pacifiers and _____, like stuffed animals, often.
5. Eat plenty of _____ and vegetables.

Answers: 1. cold; 2. soap; 3. shoes; 4. toys; 5. fruits

Color Time



Run the water before drinking or cooking.



Use a wet cloth, sponge or mop to clean.

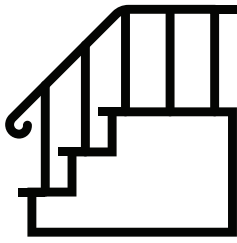


To keep my family healthy, I will...

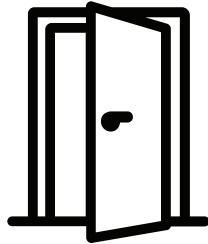
Draw or write which action you will do to keep your family healthy.

Crossword Puzzle

Down:

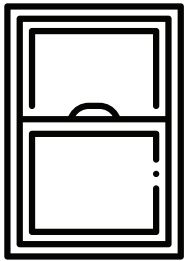


1



2

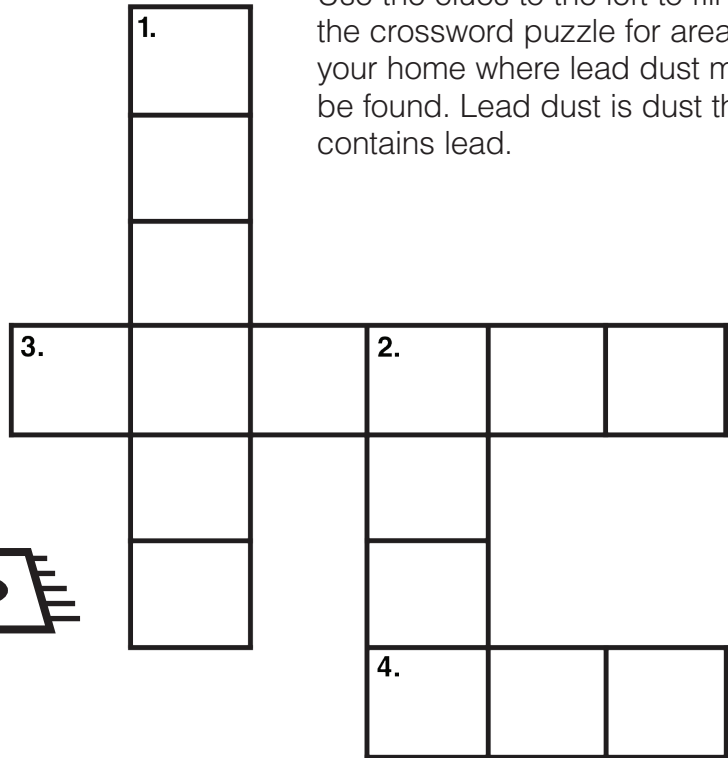
Across:



3



4



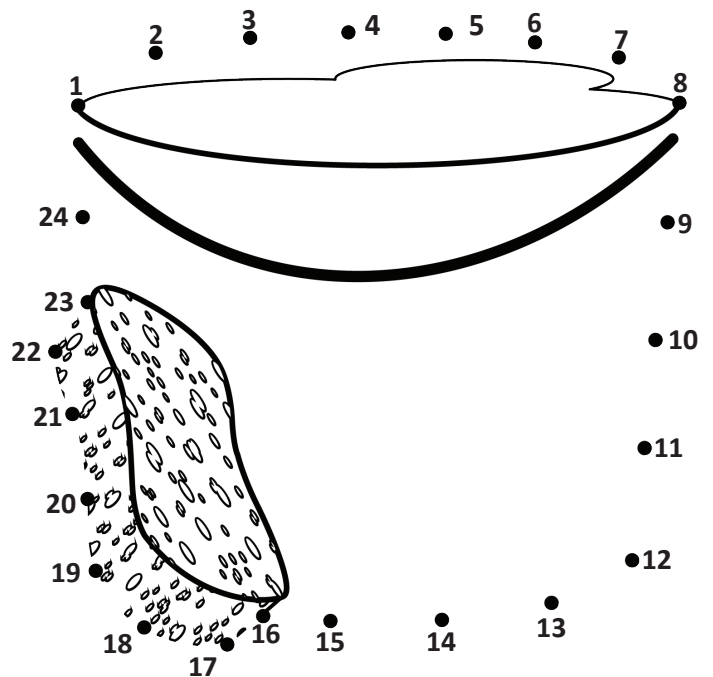
Use the clues to the left to fill in the crossword puzzle for areas in your home where lead dust may be found. Lead dust is dust that contains lead.

Answers: 1 down: stairs, 2 down: door, 3 across: window, 4 across: rug

Connect the Dots

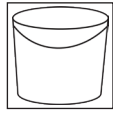
Wet washing uses a wet cloth, sponge or mop for cleaning.

Join the dots starting and ending at 1 to discover two items you may use when cleaning.

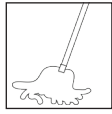


Seek and Find

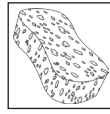
Cleaning weekly keeps our homes lead dust free. Can you find the supplies needed to clean this home?



Bucket



Mop



Sponge



All-purpose Cleaner



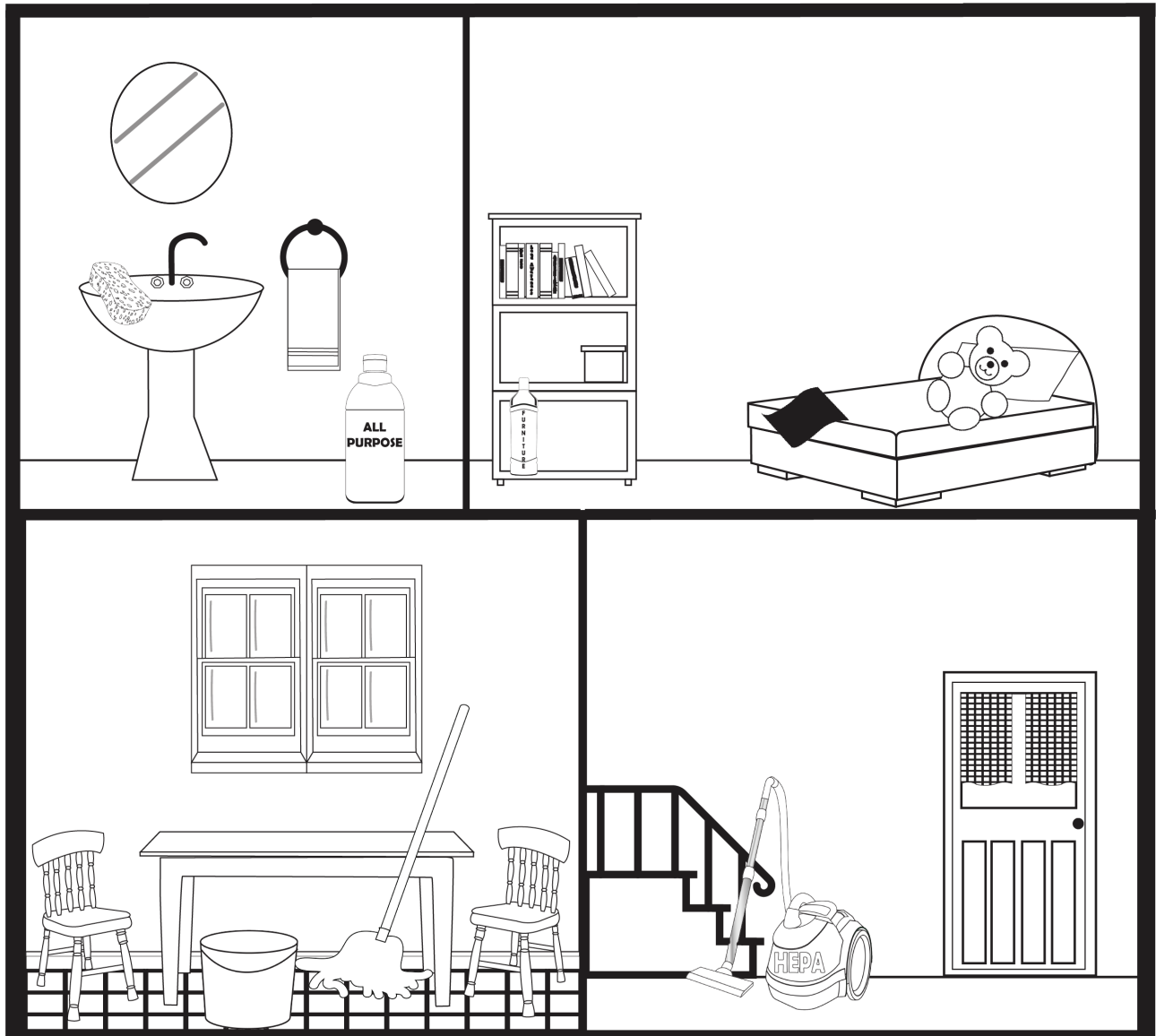
Cloth



Furniture Polish



HEPA Vacuum



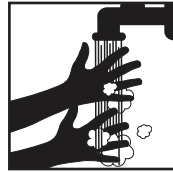
Tell an adult if you find peeling paint.

Handwashing

Dust and soil can get on your hands when you play. You should wash your hands with soap many times a day using the Six Steps of Handwashing:



1. **WET** your hands.



4. **RINSE**.



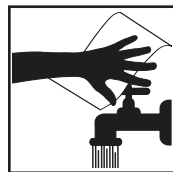
2. Add **SOAP** and lather.



5. **DRY** your hands with a clean towel.



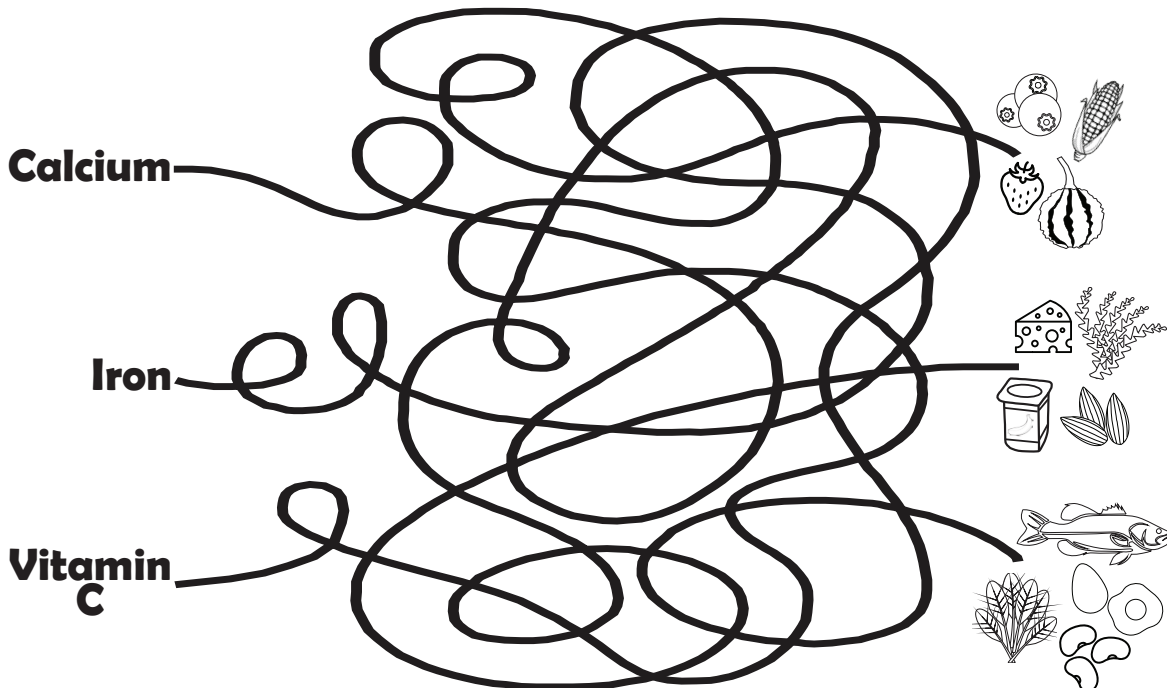
3. **SCRUB** and sing the Happy Birthday song twice.



6. Turn **OFF** the water with your towel.

Follow the Trail

Healthy foods with calcium, iron and vitamin C help our bodies grow. Follow the trails to find delicious foods with calcium, iron or vitamin C.



Vitamin C: Strawberries, blueberries, corn, squash
Calcium: Cheese, yogurt, almonds, seaweed
Iron: Beans, fish, spinach, eggs

Word Search

Calcium, iron and vitamin C are found in fruits, vegetables and other healthy foods. Look for and circle healthy foods that have calcium, iron and vitamin C.



ALMONDS



CHEESE



SEAWEED



APPLE



CLAMS



SQUASH



BEANS



CORN



VENISON



BERRIES



RAISINS



YOGURT



BROCCOLI

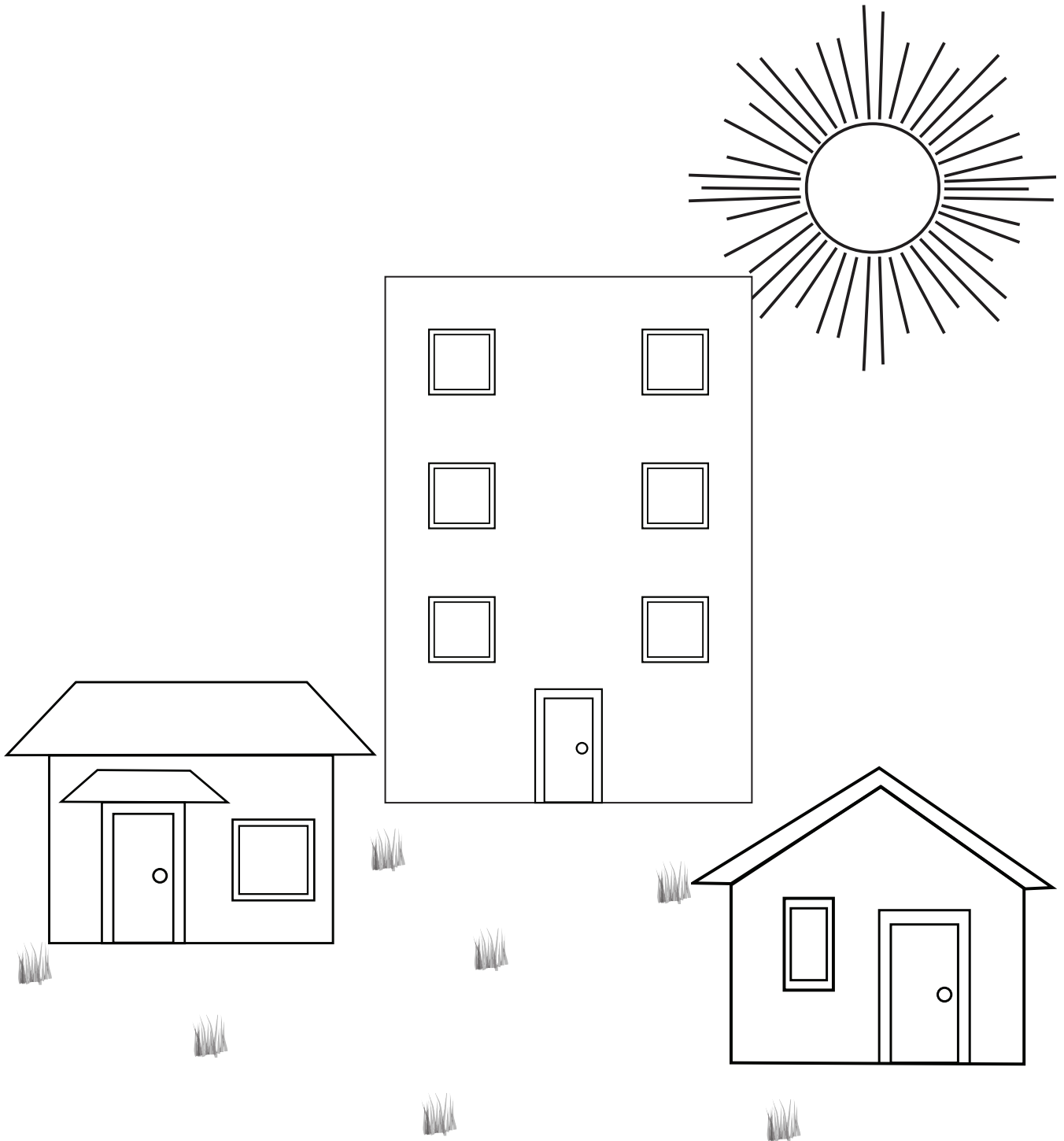


ORANGE



Color Time

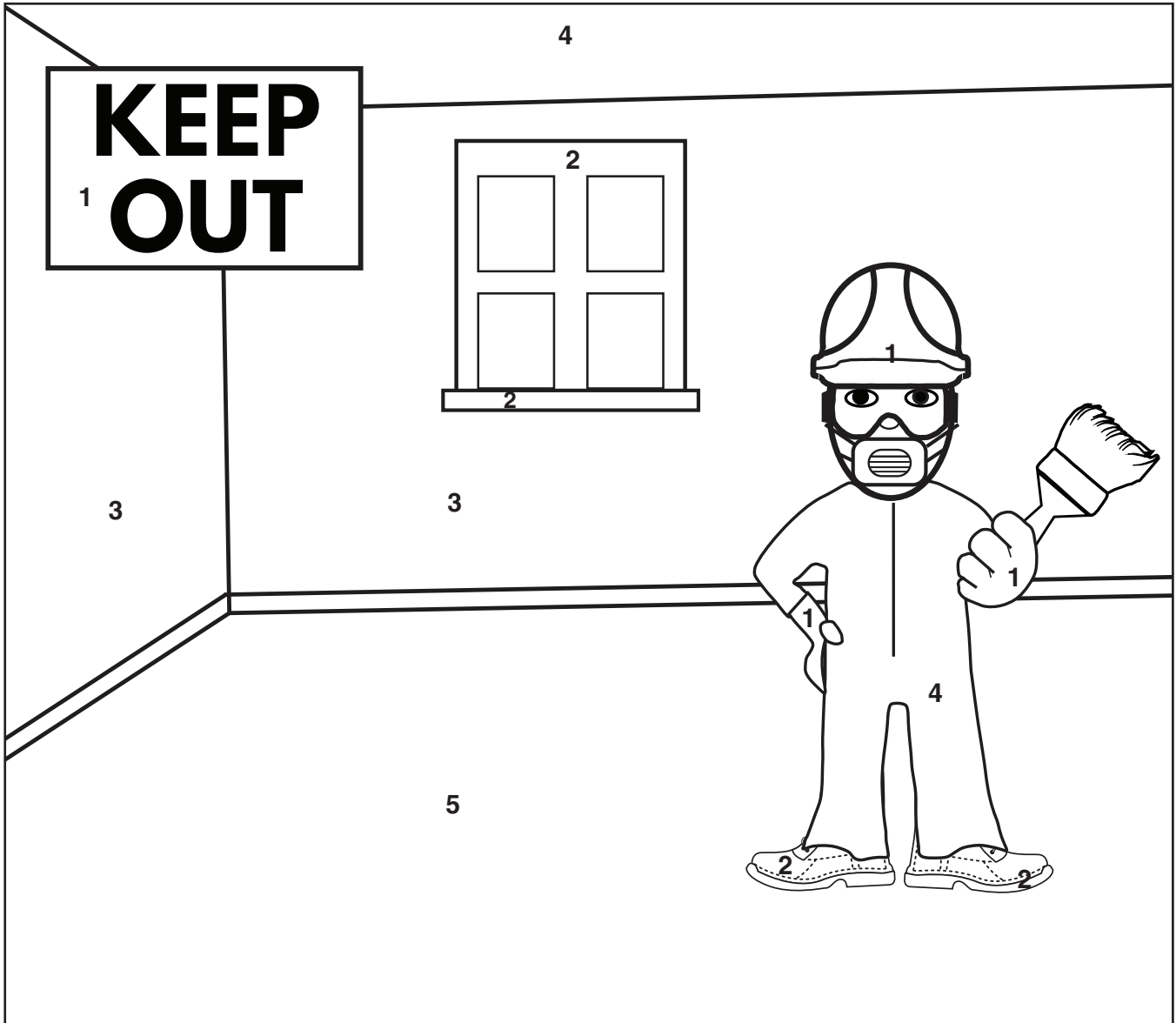
Older houses and apartments may have lead-based paint. If you find peeling paint, tell an adult. Color the houses and apartment building below using your favorite colors.



Color by Number

Trained and certified workers can help make your home safe for you and your family, if your home has lead-based paint. Color the picture according to the key:

1 - orange 2 - brown 3 - yellow 4 - white 5 - blue



When someone works on a house or apartment with lead-based paint they will:

- Wear coveralls, gloves and a mask.
- Remove furniture, rugs and curtains.
- Cover everything with plastic.
- Ask everyone to stay out of the work area.



Stay out of the work area until work is done.



Scan the QR code or visit epa.gov/lead/actions for more ideas on how to reduce and prevent childhood lead exposure.

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The Lead Awareness Kids Activity Book was developed using information and resources from the Lead Awareness in Indian Country: Keeping our Children Healthy! Curriculum, available at epa.gov/lead/tribal-lead-curriculum.