

tenby10 tips

To reduce blood lead levels in children...
Reduce lead dust around the home



Clean floors are important for crawling children

Mop rather than sweep.

Damp dust in the home, especially all kitchen surfaces, before preparing food and drinks.

Hose off/damp dust baby's/children's play equipment, paths, roofs, walls & pergolas.

Only vacuum when children are out of the room.

It is best for pregnant women and young children to stay away from furniture, houses or rooms that are being renovated.

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To reduce blood lead levels in children...

Provide breakfast



Breakfast is the most important meal of the day

A child who does not eat breakfast may absorb 7 times more lead than a child who has eaten.

Avoid high fat foods as they increase the absorption of lead.

Eat plenty of breads and cereals, fruit and vegetables.

Healthy sensible eating will assist in lowering blood lead levels.

Don't drink or use rainwater for cooking; boiling does not remove lead.

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To reduce blood lead levels in children...

Wash and dry hands regularly



Lead can be found on children's hands at all ages

The amount of lead contamination on a child's hands has been directly related to their blood lead levels.

Wash and dry your hands and your children's hands regularly throughout the day.

Always wash and dry hands before preparing food, eating, drinking and any interaction with young children.

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