

Tips to reduce blood lead levels



Eat healthy food, especially **breakfast**

Clean windows, sills and fly screens regularly



Wash children's hands frequently and always before eating

Clean air conditioner filters and fan blades regularly



Only use **tap water**, don't use rainwater

Hose path and pergola areas often



Vacuum carpets often children should not be present

Cover sand pits and any bare soil



Wash children's toys often

Leave shoes **outside**



Damp dust and mop hard surfaces

Keep pets outdoors and **wash** regularly



Keep doors and windows **closed** especially on windy days

Relocate children and pregnant women during renovations

