
How do I protect my family against lead

continued

Eat healthy foods.

- Eat foods high in calcium, iron, and vitamin C. These foods can protect you and your baby from lead. Meats, milk, cheese, and vegetables like spinach and kale are all good options. Avoid fatty foods, which can make your body absorb lead faster.
- Test your soil before you grow any fruits or vegetables. Plant your garden at least three feet from the outside walls of your home to avoid paint chips. Wash fresh fruits and vegetables with cold water before you eat or cook them.

Wash your hands often.

Lead dust from around your home and in the soil can get on your hands. Always wash your hands before making and eating food.

Store food in clean plastic or glass containers.

Crystal, pottery, ceramic, silver, or pewter dishes may have lead. Do not cook, serve, or store food and drinks in these containers. Store all food in clean plastic or glass containers. Do not store food in cans after the cans are opened.

Run cold tap water for at least one minute before drinking it and cooking with it.

Some water pipes are made with lead, and the lead can get into tap water. Never use hot tap water for cooking or drinking because it can have more lead in it from pipes.

Screening for lead:

Your child should be screened for lead poisoning:

- Once in the first 15 months.
- Twice in the first three years.
- Once a year, ages three to six.

In Rhode Island, lead screening tests for children younger than age six are free.

Additional Resources

Nutrition Programs

Expanded Food and Nutrition Education Program, 401-277-5270

Provides nutrition education for adults and youth in small groups and home visits.

Women Infants and Children (WIC), 401-222-5960

The WIC Program provides nutritious foods to pregnant women, women who are breastfeeding, and children younger than age five.

Certificates of Lead Conformance

Ask to see the Certificate of Lead Conformance, which is required by law for most rental properties built before 1978.

Visit health.ri.gov/healthrisks/poisoning/lead to search for your address's Certificate of Lead Conformance.



Call the Health Information line at **401-222-5960** or **visit www.health.ri.gov/lead**