

# Leo The Little Lion Learns How To



# GET AHEAD OF LEAD! coloring book

This book belongs to: \_\_\_\_\_



**Leo, paint chips can have lead in them. Lead is bad for you. Don't put paint chips in your mouth.**



Lena, the paint is peeling. Let's play some place else. Let's go.



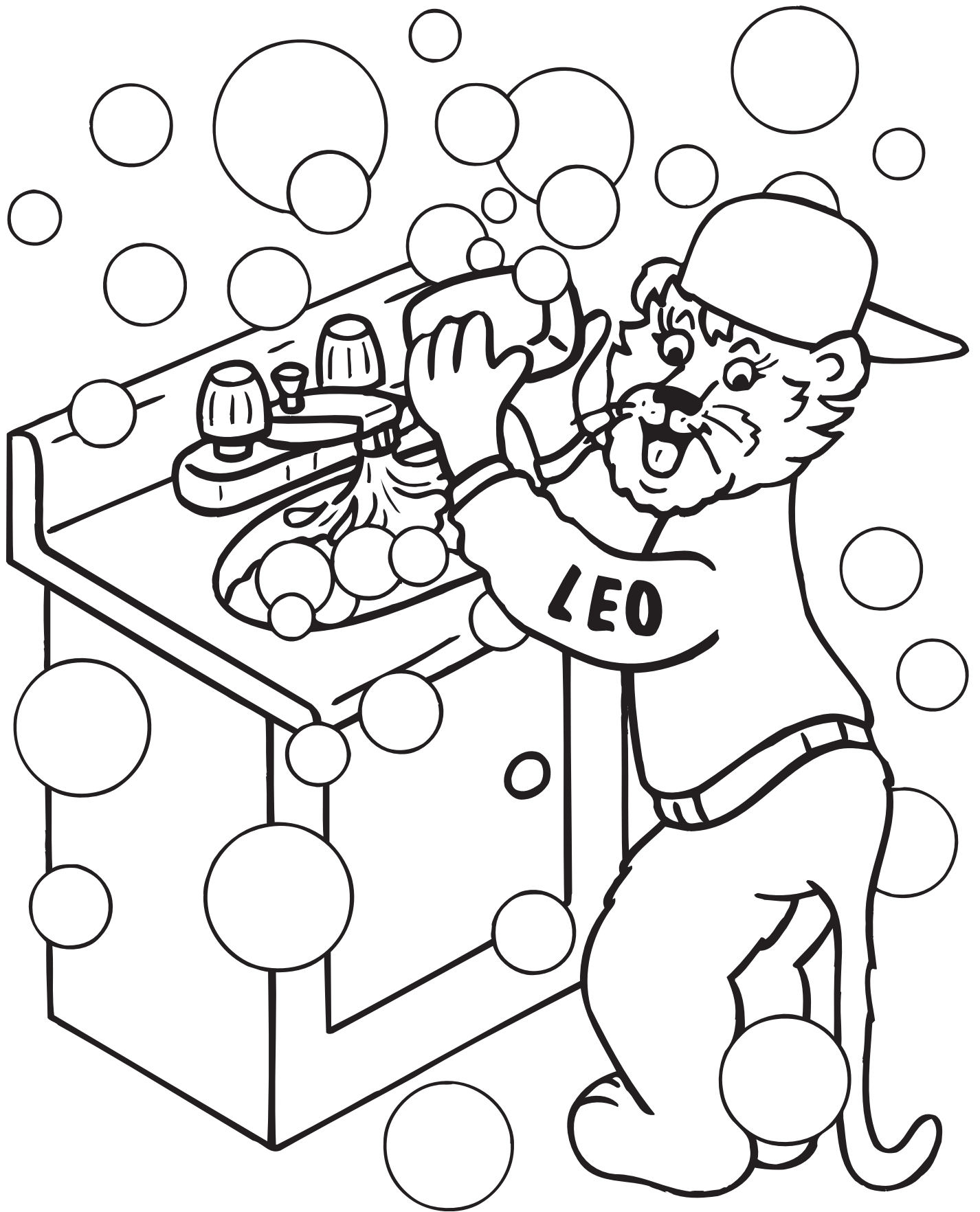
**Dirt near the bottom of the house might have bits of lead paint in it.  
Let's take a walk.**



**Mr. Monkey, don't plant food there. Lena says that dirt might have lead in it.**



**That dust might have lead in it. Let's go home for lunch.**



**I'm washing my hands to get rid of any lead. Lead is bad for me.**

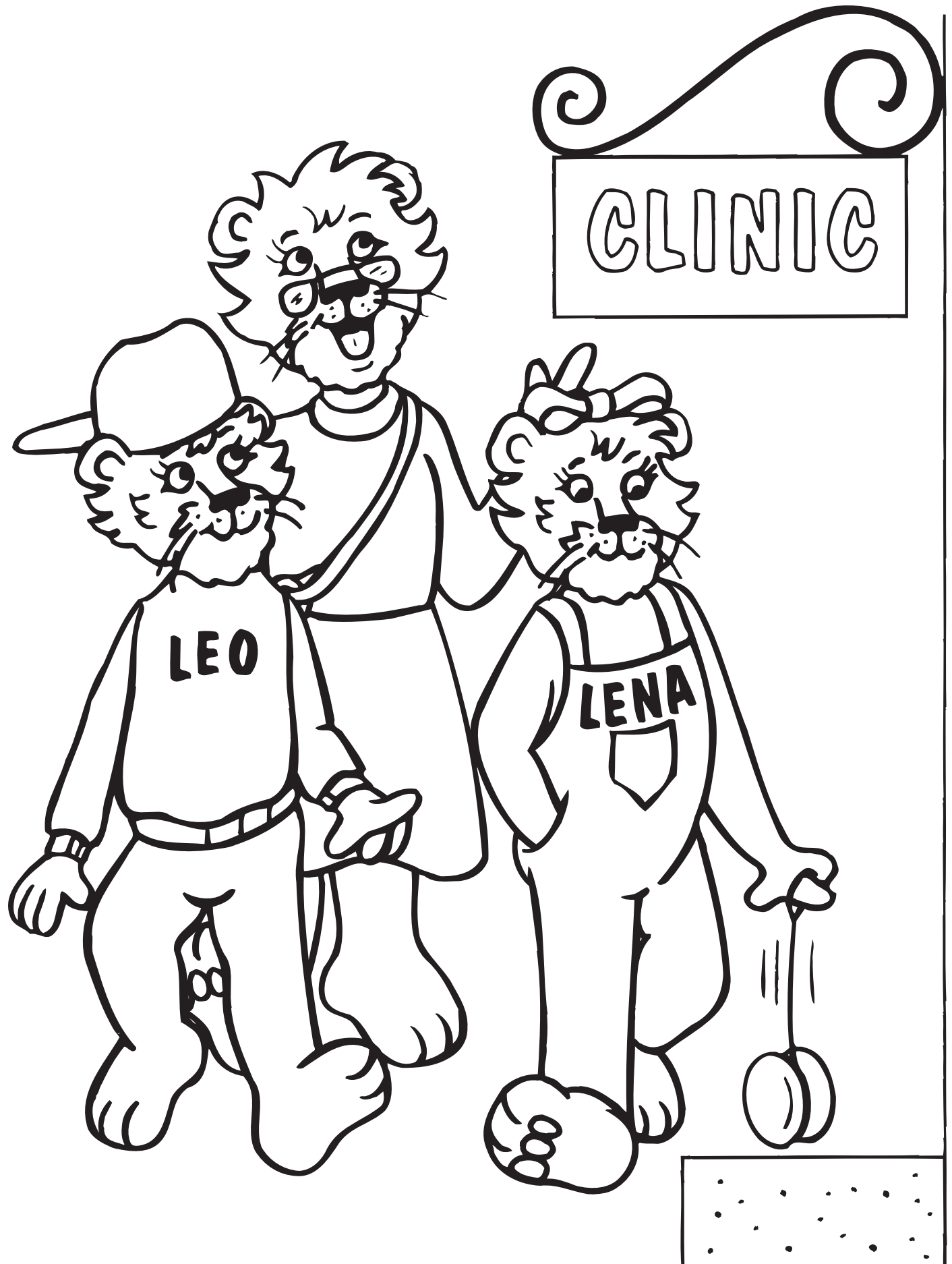


**I'm thirsty. But I am letting the cold water run for a minute to get rid of any lead.**





**Grandma, did you know your cup could be made with lead?**



**Come on, Leo and Lena. You need to get your lead tests.**



**You both check out fine. See you again next year!**

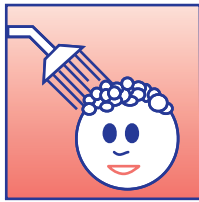
## Parents, GET AHEAD OF LEAD! Read this important lead poisoning information.

**All children should be tested for lead poisoning at ages one and two. Other children up to six years old should be tested if their doctors think they are at risk.**

### ALSO:



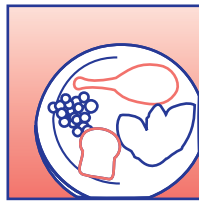
- Keep children away from peeling paint and broken plaster.
- Damp mop floors and damp wipe surfaces twice a week to reduce lead dust.
- Wash your child's hands and face often, especially before meals, to remove any lead dust or dirt.
- Wash your child's toys often, especially teething toys.
- Use cold tap water not hot-for infant formula or cooking. Let the cold water tap run for at least a minute before using, to flush out any lead that may come from the pipes.
- Store food from opened cans in glass or plastic containers. (Some cans are made with lead solder).
- Some dishes may have lead in their glazes. If you are unsure whether a plate has lead, don't use it for eating or cooking. Don't use chipped or cracked dishes to store or serve food.
- Some crafts call for use of paints, glazes, and solder (used in making stained glass) which may contain lead.



- People who work in construction, plumbing, painting, auto repair, and certain other jobs can be exposed to lead. You and anyone you live with who is exposed to lead on the job should shower and change into fresh clothes and shoes before coming home. Wash work clothes separately.

**If you have questions about lead at your work, call the NYS Bureau of Occupational Health & Injury Prevention: (518) 402-7900 or 1-800-458-1158.**

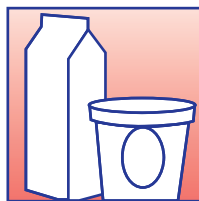
- Keep children away from buildings being remodeled or renovated, where lead paint and lead dust are common.



### Feed your family the right food to GET AHEAD OF LEAD!

**FOR IRON:** Dried beans, peas, spinach, collard greens, lean beef or pork, chicken or turkey, whole grain or fortified breads, eggs, tuna.

**FOR CALCIUM:** Cheese, milk, yogurt, cottage cheese, ice cream, pudding, milk shakes, cream soups, pizza, lasagna, macaroni and cheese.



### Do what you can to GET AHEAD OF LEAD!

Visit the NYS Department of Health website:

**[health.ny.gov/environmental/lead](http://health.ny.gov/environmental/lead)**

For questions about lead poisoning prevention call:

**(518) 402-7600**

**1-800-458-1158**



**Department  
of Health**