

# Fred the Fox

## Stays Safe from Lead in Soil

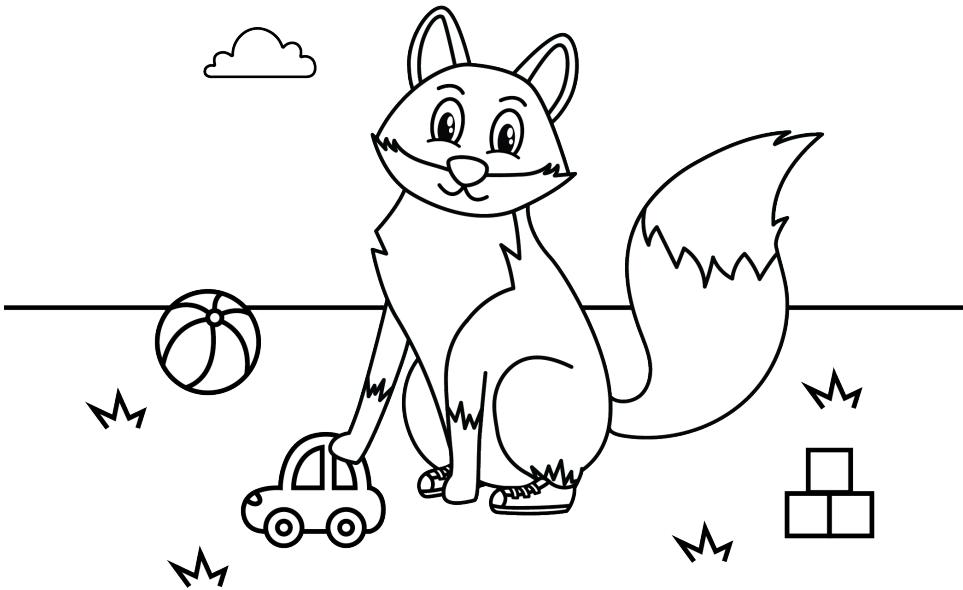


Where I live, there's lead in the dirt. If I'm not careful, I could get hurt!



# I stay away from dirt when I play.

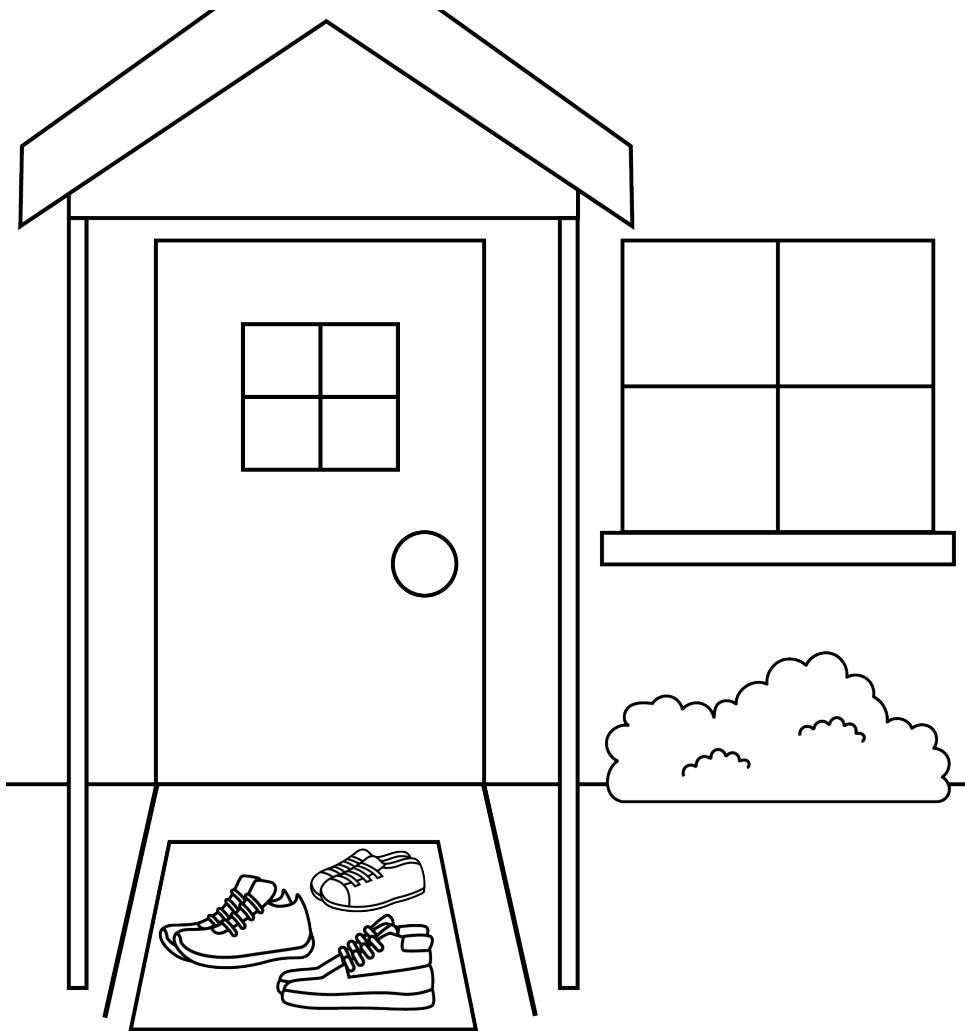
Help Fred  
keep away from  
lead by coloring  
the grass green  
where Fred  
plays!



Grass, mulch or a sandbox  
helps keep the lead away!



Before I go inside, I take the  
shoes off my feet.

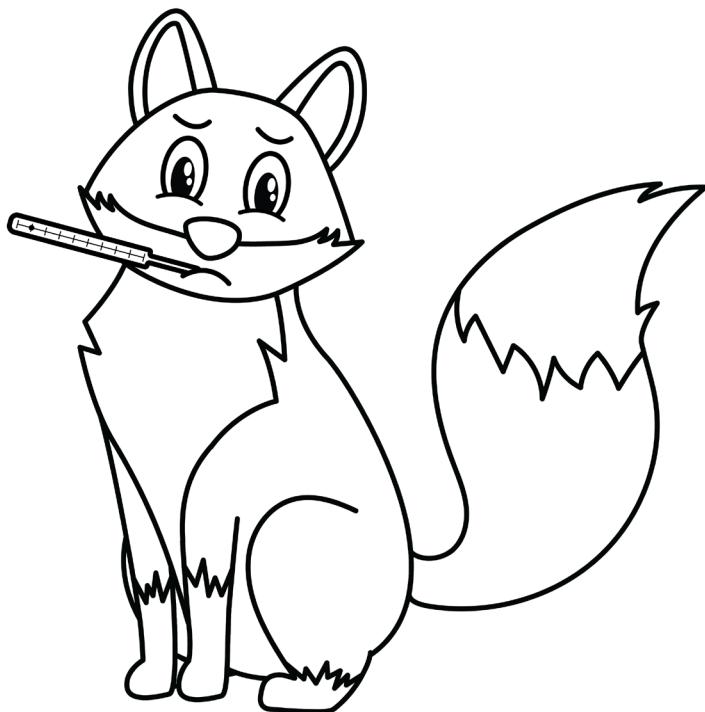


# And I always wash my hands before I eat!

Make sure to wash your hands with lots of bubbles, lead can cause a lot of troubles!



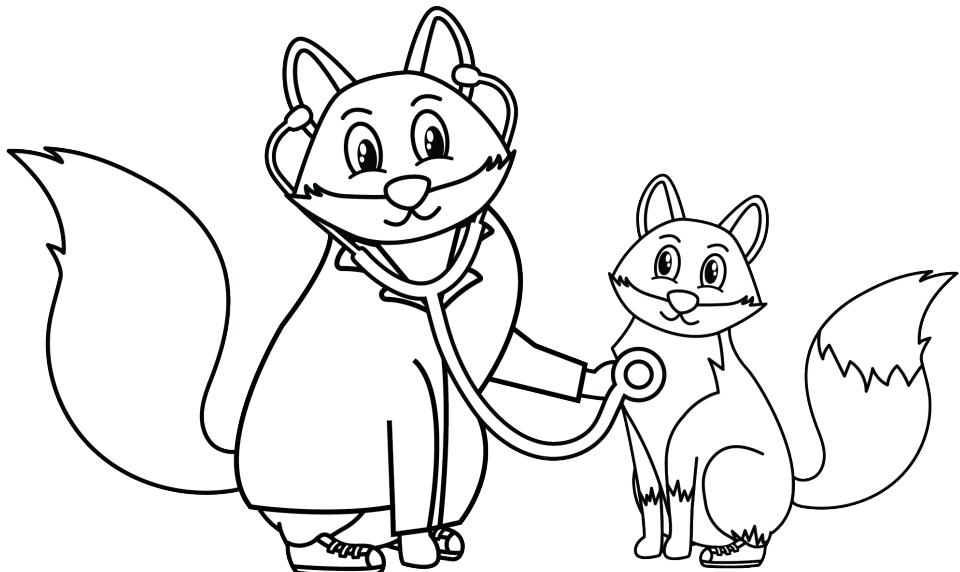
Lead in my body can  
make me sick.



Eating foods with iron  
and calcium help me  
grow up quick!



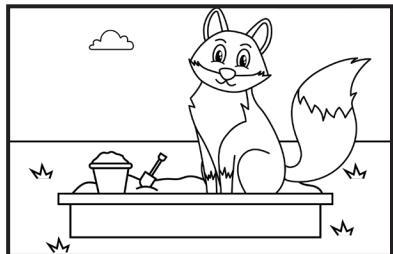
I follow these tips and try my best, then go to a doctor for a blood-lead test!



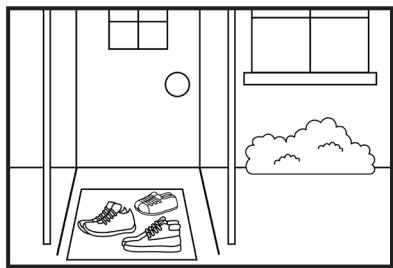
# Matching Game

Draw a line from the question to the answer.

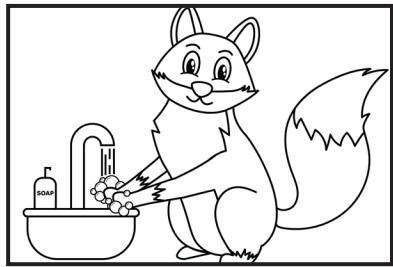
What does Fred do before going inside?



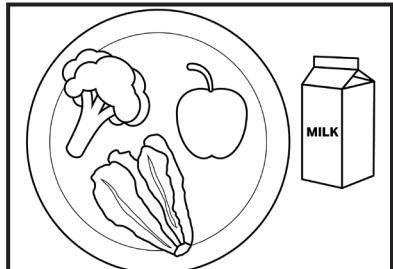
What does Fred do before eating?



What can Fred eat to grow quick?



Where can Fred play to keep away from dirt?



# Tips for Parents

The list below is important information for adults about how to reduce children's exposure to lead.



- **Have children under 7 tested for lead exposure annually.** A child with lead in their blood may not have visible signs or symptoms. The long-term effects of lead in a child can be severe, such as slowed growth, brain damage and learning disabilities.
- **Wash hands before meals, after handling soil and after playing outside.**
- **Keep children from putting toys and dirt into their mouths when playing outside.**
- **Put doormats outside and inside all entryways and remove your shoes before going inside.** People and pets can track contaminated soil into the home on their shoes, fur and paws.
- **Eat nutritious meals high in vitamin C, calcium and iron** (choose citrus fruits, leafy green vegetables, nuts and seeds, eggs, fish and lean red meat). Foods that are higher in calcium, iron and vitamin C can help reduce the body's absorption of lead. Children with healthy diets absorb less lead.
- **Cover bare soil with grass, mulch, or a sandbox for children to play in.** Sandboxes should be filled with sand labeled for play. Other sources may contain contaminants.
- **Plant gardens in raised beds with commercial soil from a garden center.**



# Contact



## **Residential Lead Guidance**

Protecting children from lead exposure is one of the U.S. Environmental Protection Agency's top priorities. EPA has guidance to protect families from lead-contaminated soil where children live, learn and play. EPA site teams are determining how the guidance impacts each site, which in some cases may take years. EPA encourages people in areas that may have lead-contaminated soil to learn how to reduce their exposure to lead.