












# Parent Group Orientation on Lead Poisoning Prevention



## Folder Contents

The best way to prevent lead poisoning is to reduce the chance a child will be exposed to lead. These handouts and additional activities are part of the *Parent Group Orientation on Lead Poisoning Prevention* Resource Kit. These handouts were developed by the Wisconsin Childhood Lead Poisoning Prevention Program, while additional activities are from the National Head Start Association, Environmental Protection Agency and Sesame Workshop (a Sesame Street Division).

### Handouts – links to separate publications

-  *Using Visual Triggers to Counsel on Lead Poisoning Prevention* - [English](#) only (P-01590; PDF, 48 KB)
-  *Imagine - sugar packet handout* - [English](#) (P-01589; PDF, 48 KB) | [Spanish](#) (P-01589s; PDF, 47 KB) and [bookmark](#) (P-00235b; PDF, 494 KB)
-  *Look Out for Lead coloring page* - [English](#) (P-00819; PDF, 836 KB) | [Spanish](#) (P-00819s; PDF, 836 KB)
-  *Cleaning with a HEPA Vacuum* - [English](#) (P-01591; PDF, 29 KB) | [Spanish](#) (P-01591s; PDF, 31 KB)
-  *How to Clean Windows and Other Surfaces* - [English](#) (P-01588; PDF, 81 KB) | [Spanish](#) (P-01588s; PDF, 81 KB)
-  *Parents: Look Out for Lead information pamphlet* - [English](#) (P-44535a; PDF, 357 KB) | [Spanish](#) (P-44535as; PDF, 347 KB)
-  *Feedback on the Lead Poisoning Prevention Session* - [English](#) only (F-01832; PDF, 23 KB)
-  [Resources for Fixing Lead Hazards state map](#) (PDF, 147 KB) from the Wisconsin Department of Administration
-  [Lead in Drinking Water](#) information- pamphlets in [English](#) (PDF, 453 KB), [Spanish](#) (PDF, 429 KB) and [Hmong](#) (PDF, 404 KB)

### Additional Activities

-  *Head Start Classroom Activities* - puppets, songs and healthy snacks
-  *Sesame Workshop activities* – *Elmo's Trip to the Doctor* storybook, posters, blood-test tracker and activity pages





# Parent Group Orientation on Lead Poisoning

## Additional Activities

- 👉 Head Start *Chip & Dusty* puppet show
- 👉 Head Start *Songs*
- 👉 Head Start *Healthy Snacks*
- 👉 *Elmo's Trip to the Doctor* storybook
- 👉 *Keep the Lead Away* poster
- 👉 *Lead Away* Blood-Test Tracker
- 👉 *Activity Pages – Dust Busters*
- 👉 *Activity Pages – Lead Police*
- 👉 *Activity Pages – Keep it Clean!*
- 👉 *Activity Pages – Take Your Shoes Off!*



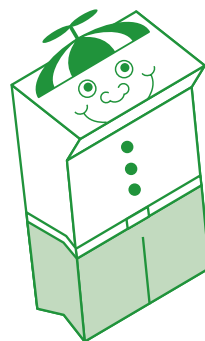
# Head Start

## CLASSROOM EXERCISES

One important way to keep children healthy is to teach them how to avoid lead hazards in and around their homes. This story is intended for children between the ages of 3 and 6 years old. Lead interferes with the development and functioning of almost all body organs, particularly the kidneys, red blood cells, and central nervous system. The following story should be performed as a puppet show to illustrate important behaviors children should learn to avoid lead hazards. You will need three socks or paper bags to create the three characters — **Buster D. Lead, Dusty, and Chip.**

After reading the story, children should be able to know:

- ▶ Who Chip and Dusty are
- ▶ Where Chip and Dusty can be found
- ▶ How they can get sick
- ▶ The three rules:
  - 1 – Stay away from Chip and Dusty,
  - 2 – Don't play near windows, and
  - 3 – Wash your hands before you eat.



Buster D. Lead



Dusty

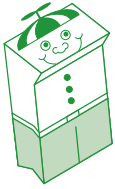


Chip

The following questions and answers also are important for children to learn:

- 1) Name three things you can get lead poisoning from?  
Answer: paint chips, dust from lead-paint, and dirt.
- 2) Demonstrate at least two behaviors that will help prevent lead poisoning.  
Answer: Wash your hands and toys. Eat foods that contain calcium and iron.
- 3) Can you name any foods that are rich in iron and will help prevent children's bodies from absorbing lead?  
Answer: Red meat and green leafy vegetables (Spinach).
- 4) Can you name any foods that are rich in calcium that will help prevent children's bodies from absorbing lead?  
Answer: Yogurt, milk, and cheese.

# GET THE LEAD OUT WITH CHIP AND DUSTY



**Buster's Line:** Hi kids! I'm Buster D. Lead, and I'm here to help you protect yourself against the lead paint bad guys, Chip & Dusty!

Look! Here they come now!



**Action:** Chip & Dusty enter; Buster leaves

**Chip's Line:** Hey everybody! I'm Chip. I'm a piece of lead paint that has broken off of a wall or window. If a child picks up a paint chip and puts it in his mouth, it could make her VERY sick!



**Dusty's Line:** Hi, kids! I'm Dusty. You can't see lead dust because it's really, really small. I hide on the floors or windows, and I can make you really sick too, if you play with a toy on the floor and put it in your mouth, or eat while you're near me!

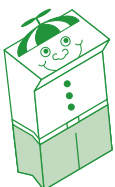
**Action:** Buster enters; Chip and Dusty leave



**Buster's Line:** Thanks, you guys! You see, kids, lead paint is something that can make you very sick. Now we're going to do a little play so YOU can tell me what to do to protect myself against Chip & Dusty! I'm going to go over to Chip & Dusty. You don't want me to do that because being near, or playing with, lead paint can make you very sick, and make it harder for you to learn. You don't want that to happen, right? Right!!! Good, now let's practice. I'll go play next to Chip & Dusty and when I do, say **STAY AWAY FROM CHIP AND DUSTY!** Now let's try it.

Buster starts to play with a toy in a window, and Chip & Dusty go over to him. Children are prompted to say **STAY AWAY FROM CHIP AND DUSTY!** When Buster continues.

**Action:** Buster runs from Chip & Dusty, and Buster applauds their actions.



**Buster's Line:** Great job, kids! That's what you do when Chip & Dusty are around. Let's try this again. Only this time, I'll be playing on the floor because lead dust and chips also get on the floor and can get inside you if you put your hands or toys in your mouth!

Buster gets down on the floor and plays with his toy, then gets ready to put it in his mouth as Chip & Dusty sprinkle paint chips and dust on the floor. Children are again prompted to say **STAY AWAY FROM CHIP AND DUSTY!** when Buster continues.

Great job, kids! What do we say when children play near lead paint?

**ALL: STAY AWAY FROM CHIP & DUSTY!**

**Action:** Chip & Dusty run from the room.

Very good, kids! Now you all know what to do when lead paint is around!



For more information about lead poisoning, visit EPA's Web site at [www.epa.gov/lead](http://www.epa.gov/lead) or call The National Lead Information Center at 1-800-424-LEAD (5323).







# Buster Puppet

## PAPER BAG INSTRUCTIONS

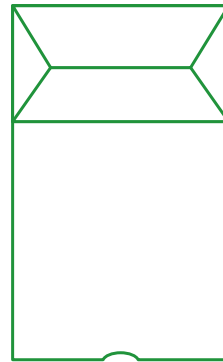
### Materials Needed

- ▶ A white paper lunch bag
- ▶ Something to color outlined template (i.e. paint or crayons)
- ▶ Scissors
- ▶ Glue or tape

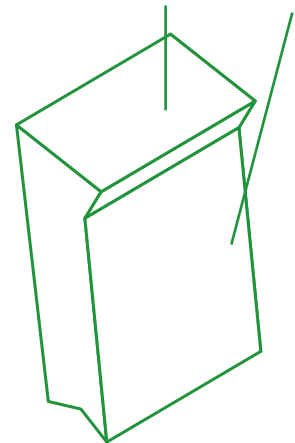
### Instructions:

- 1) Get your supplies together and find a working space to create your puppet.
- 2) Use the template on the back of this fact sheet to color with crayons or paints. If possible, you may consider copying the template in order to preserve the Buster D. Lead puppet instruction sheet.
- 3) Cut out template shapes in preparation to glue onto the paper bag, on the side that has the flap.
- 4) Glue shapes accordingly to match picture of Buster D. Lead above.
- 5) Wait for glue to dry before using in Chip and Dusty lead story.

White Paper Bag



Graphics Go Here



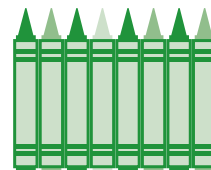
Paints



Scissors



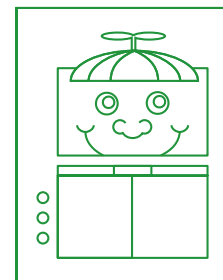
Crayons



Glue



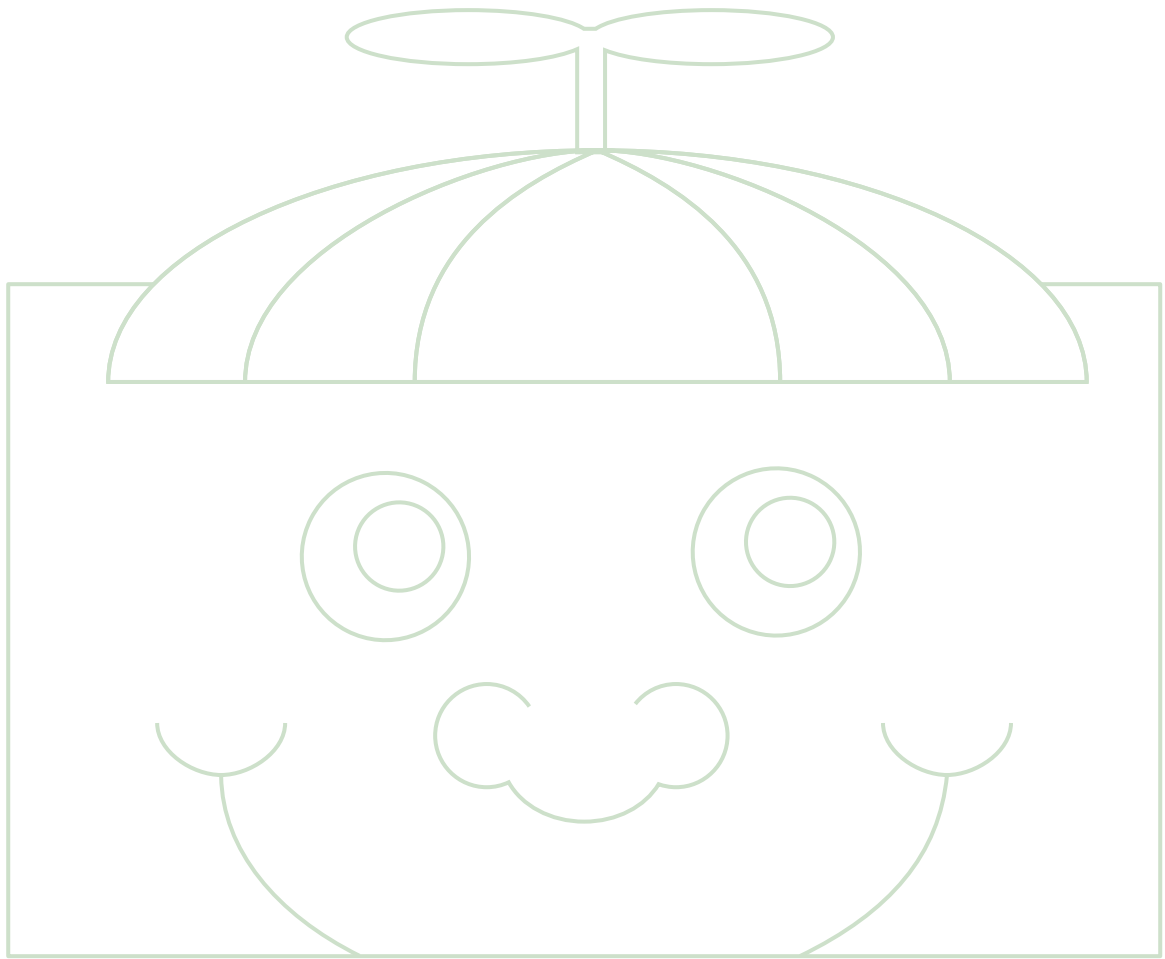
Template



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# BUSTER D. LEAD TEMPLATE









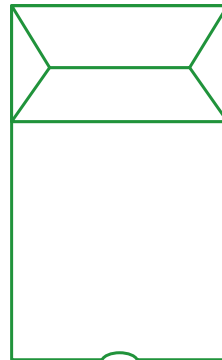
# Dusty Puppet

## PAPER BAG INSTRUCTIONS

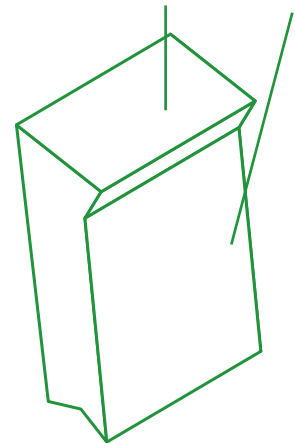
### Materials Needed

- ▶ A white paper lunch bag
- ▶ Something to color outlined template (i.e. paint or crayons)
- ▶ Scissors
- ▶ Glue or tape

White Paper Bag



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Paints



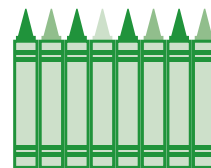
Scissors



### Instructions:

- 1) Get your supplies together and find a working space to create your puppet.
- 2) Use the template on the back of this fact sheet to color with crayons or paints. If possible, you may consider zeroxing the template in order to preserve the Dusty puppet instruction sheet.
- 3) Cut out template shapes in preparation to glue onto the paper bag, on the side that has the flap.
- 4) Glue shapes accordingly to match picture of Dusty above.
- 5) Wait for glue to dry before using in Chip and Dusty lead story.

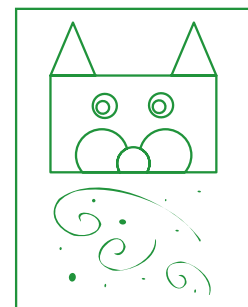
Crayons



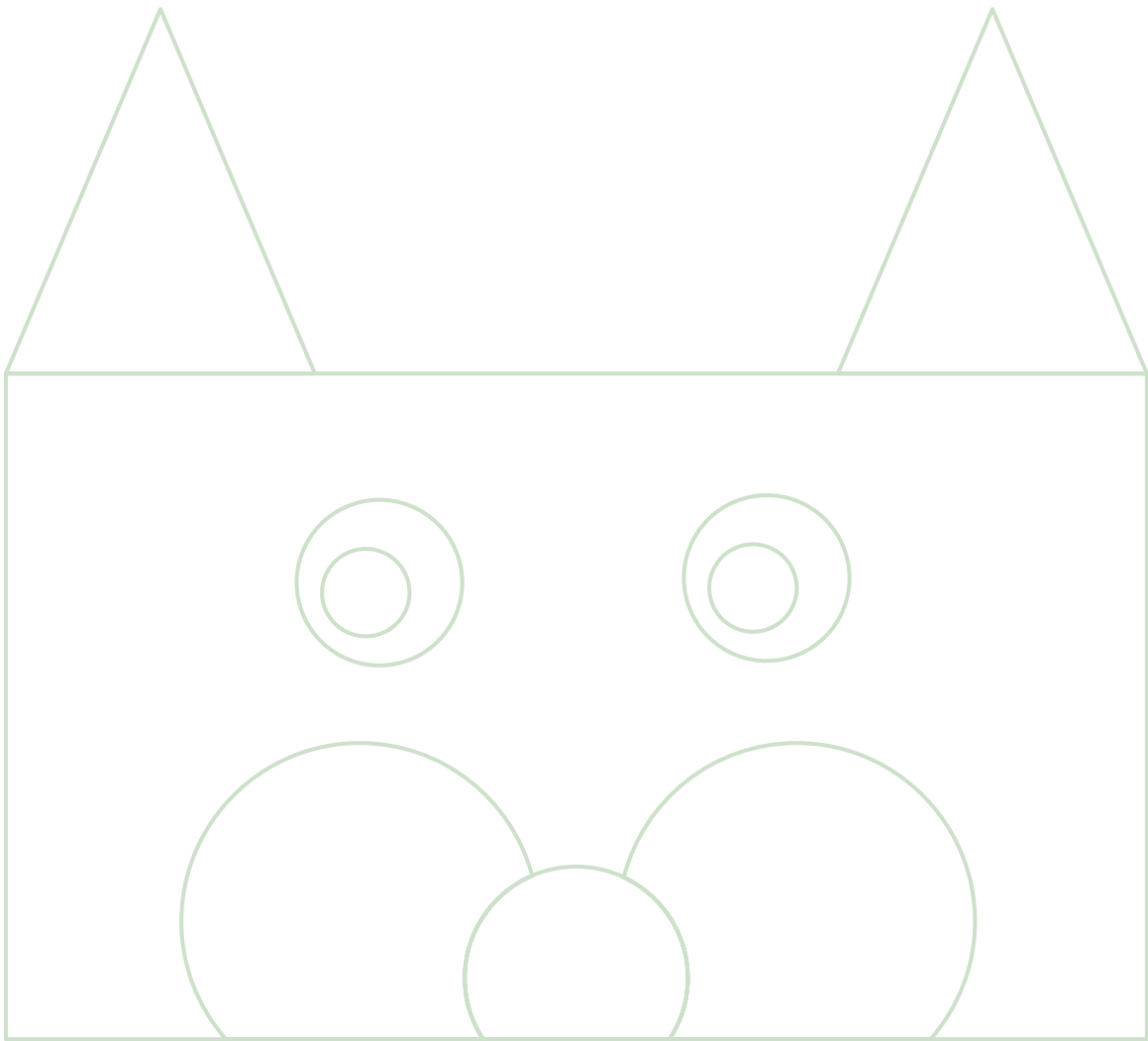
Glue



Template



# DUSTY TEMPLATE







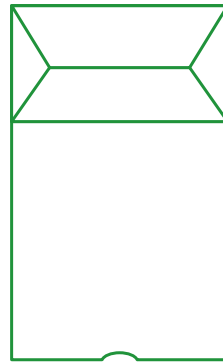
# Chip Puppet

## PAPER BAG INSTRUCTIONS

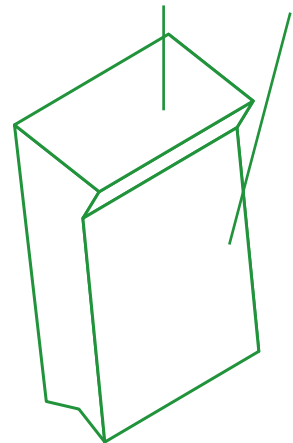
### Materials Needed

- ▶ A white paper lunch bag
- ▶ Something to color outlined template (i.e. paint or crayons)
- ▶ Scissors
- ▶ Glue or tape

White Paper Bag



Graphics Go Here



Paints



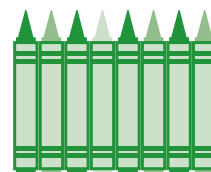
Scissors



### Instructions:

- 1) Get your supplies together and find a working space to create your puppet.
- 2) Use the template on the back of this fact sheet to color with crayons or paints. If possible, you may consider copying the template in order to preserve the Chip puppet instruction sheet.
- 3) Cut out template shapes in preparation to glue onto the paper bag, on the side that has the flap.
- 4) Glue shapes accordingly to match picture of Chip above.
- 5) Wait for glue to dry before using in Chip and Dusty lead story.

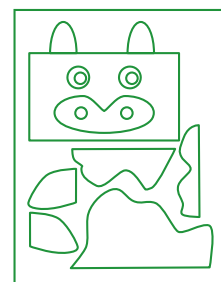
Crayons



Glue



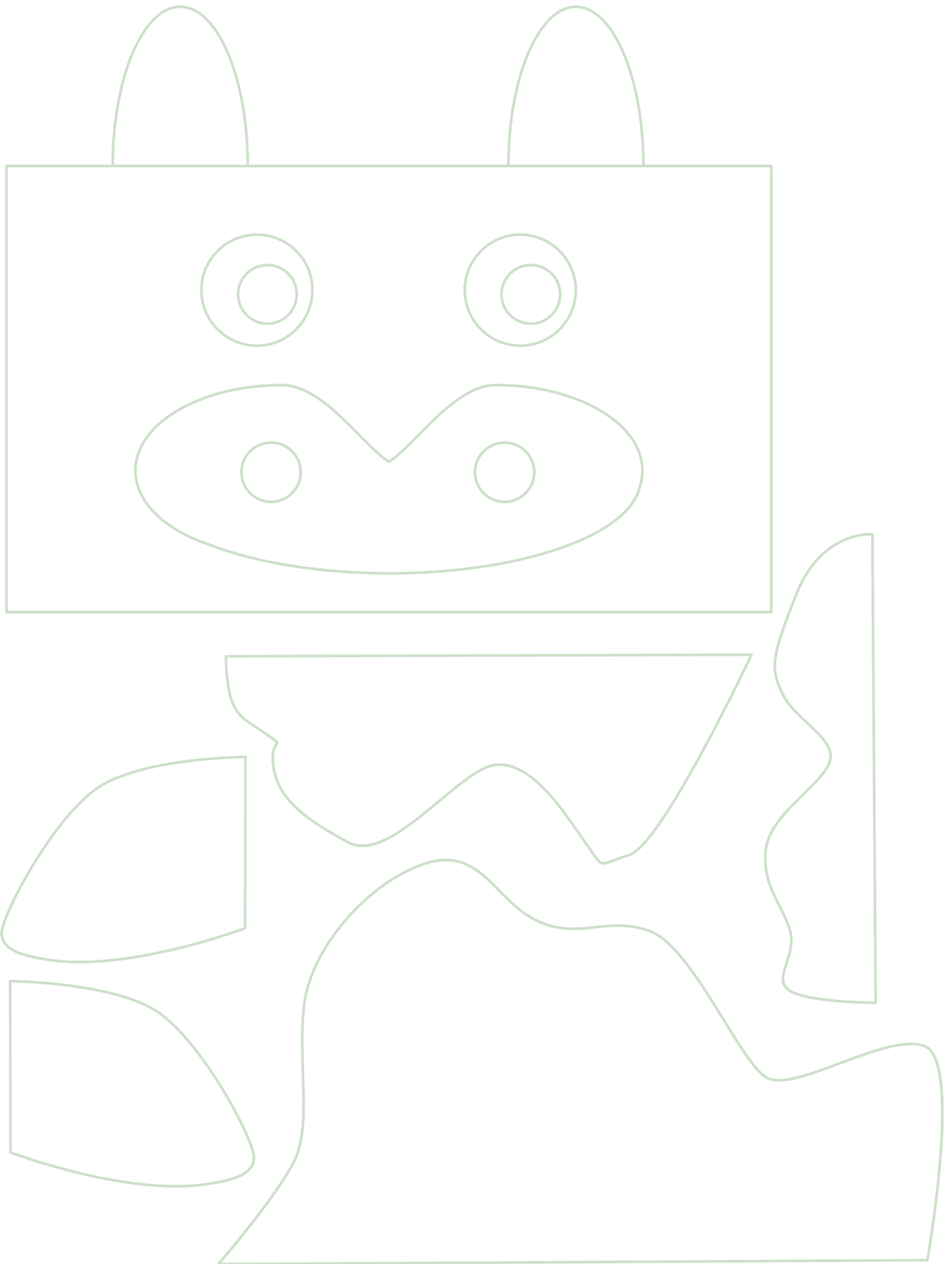
Template



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# CHIP TEMPLATE





# Head Start

## CLASSROOM EXERCISES

One of the most important ways to keep children healthy is to teach them how to avoid lead hazards. Songs reinforce ideas about how to stay lead safe. These songs are designed for children from the ages of 1 to 5 years old. The following suggested questions could be used to reinforce the main ideas in the songs.

Throughout this exercise, remember that the children should now be able to identify sources of lead, know the importance of washing their hands, understand that things fall on the floor and get dirty, and eat healthy foods. This message could be further reinforced by teaching the songs immediately before or after serving one of the suggested healthy snacks. You may want to make copies of the songs so the children can take them home and sing them with their parents.

At the next parents' meeting be sure to provide parents with EPA's Chance of a Lifetime brochure and the list of snack ideas for them to try at home. For more information on lead poisoning please refer to EPA's Chance of a Lifetime fact sheets. To request additional information you may also contact the National Lead Information Center at 1-800-424-LEAD (5323) or visit [www.epa.gov/lead](http://www.epa.gov/lead).



- 1) **What are some of the things we can put in our mouths?**  
Apples, bananas, popsicles, sandwiches.
- 2) **What are some of the things not to put in our mouths?**  
Toys, pencils, crayons, snow.
- 3) **What kind of chips are okay to put in our mouths?**  
Apple chips, bagel chips, potato chips.
- 4) **What kinds of chips should we not put in our mouths?**  
Paint chips, wood chips, rock chips.
- 5) **What should we do before we eat?**  
Wash our hands.
- 6) **What are some of the good things you should eat to make you big and strong?**  
Milk, yogurt, fruit, fish, chicken, broccoli.
- 7) **What should we do if we see a friend, brother, or sister picking things up off of the floor and putting them into their mouths?**  
Stop them!

## SUGGESTED SONGS

### Wash, Wash, Wash Your Hands (Sung to the tune of Row, Row, Row Your Boat)

**Note:** While singing this song children could also pretend to wash their hands to reinforce thorough scrubbing techniques. This song is courtesy of [www.theideabox.com](http://www.theideabox.com).

Wash, wash, wash, your hands  
play our handy game  
rub and scrub, scrub and rub germs go down the drain HEY!

Wash, Wash, Wash your hands  
play our handy game  
rub and scrub, scrub and rub dirt goes  
down the drain HEY!

### This Is The Way We Wash Our Hands

This is the way we wash our hands  
Wash our hands  
Wash our hands  
This is the way we wash our hands  
To keep our bodies healthy

This is the way we eat good food  
Eat good food  
Eat good food  
This is the way we eat good food  
To keep our bodies healthy

### Wash Your Hands

(Sung to the tune of When You're Happy and You Know It)

When you've washed your hands and you know it, clap your hands. (clap, clap)  
When you've washed your hands and you know it, clap your hands. (clap, clap)  
When you've washed your hands you know it then your healthy body will show it.  
When you've washed your hands and you know it, clap your hands. (clap, clap)



For more information about lead poisoning, visit EPA's Web site at [www.epa.gov/lead](http://www.epa.gov/lead) or call The National Lead Information Center at 1-800-424-LEAD (5323).





# Head Start

## CLASSROOM EXERCISES

Eating healthy is an important part of keeping young children (especially those under the age of six) safe from the dangers posed by lead. The following snacks are examples of foods that are high in iron, calcium, and vitamin C, nutrients that can protect children from lead poisoning. When making the snacks, explain to children that eating healthy can help protect them from lead poisoning. Children with healthy diets can absorb less lead in their bones and blood streams.

But remind them also to stay away from the three major sources of lead:

- ▶ Lead-based paint in and around the home is a hazard if it is peeling, chipping, chalking, or cracking. Even lead-based paint that appears to be undisturbed can be a problem if it is on surfaces that children chew or that get a lot of wear and tear.
- ▶ Eating paint chips or breathing in lead dust are common ways of becoming lead poisoned. Lead dust forms when lead paint is dry-scraped or sanded. Dust also can become contaminated when painted surfaces bump or rub together.
- ▶ Playing outside near or with contaminated soil can cause lead poisoning. When exterior lead-based paint from houses, buildings, or other structures flakes or peels, it can contaminate the soil. Soil near roadways may also be contaminated from past use of leaded gasoline in cars.
- ▶ Let water run until it becomes cold as it will get. This could take as little as 5 to 30 seconds if there has been recent heavy water use such as showering or toilet flushing. (Let water run longer if responding to your local conditions.) If possible, use a filter for drinking and cooking water.



At the next parents' meeting be sure to provide

parents with EPA's Chance of a Lifetime brochure and the list of snack ideas to try at home.

For more information on lead poisoning please refer to EPA's Chance of a Lifetime fact sheets.

To request additional information you also may contact the National Lead Information Center at

1-800-424-LEAD (5323) or visit [www.epa.gov/lead](http://www.epa.gov/lead).



# PROGRAMA DE “Head Start” EJERCICIOS DE CLASE

Una alimentación saludable es importante para mantener a los niños pequeños (sobre todo a los menores de seis años de edad) protegidos de los peligros del plomo. Los siguientes bocadillos son ejemplos de comidas que tienen un alto contenido de hierro, calcio y vitamina C, que son nutrientes que pueden proteger a los niños del envenenamiento por plomo. Al confeccionar los bocadillos, explíquelo a los niños que el comer saludablemente los protege del envenenamiento por plomo. Los niños que tienen una dieta saludable absorben menos plomo en sus huesos y en el torrente sanguíneo. Sin embargo, recuérdelos también que se mantengan alejados de tres importantes fuentes del plomo:

- ▶ La pintura con base de plomo dentro y en los alrededores de la casa es peligrosa si se está pelando, desprendiendo, descascarando o pulverizando. Aún la pintura con base de plomo que pareciera intacta puede convertirse en un problema si está en superficies donde los niños pueden morderla o si está expuesta a mucho desgaste o daños.
- ▶ Algunas maneras comunes de envenenarse con plomo es comiéndose trozos de pintura o respirando polvo de plomo. El polvo de plomo se forma cuando la pintura con plomo es raspada en seco o lijada. El polvo también puede contaminarse cuando las superficies pintadas se golpean o se rozan entre sí.
- ▶ Jugar en el jardín, cerca o en suelos contaminados, puede causar envenenamiento por plomo. Cuando la pintura con base de plomo usada para exteriores de casas, edificios u otras estructuras se descascara o se pela, puede contaminar el suelo. El suelo cercano al pavimento también puede estar contaminado por el uso en el pasado de gasolina con plomo en vehículos.
- ▶ Deje correr el agua hasta que se torne lo más frío posible. Ésto podría llevar sólo unos 15 a 30 segundos si recientemente ha habido gran consumo de agua tal como duchas o bajar el agua del servicio sanitario (deje que el agua corra por más tiempo si así lo requieren las condiciones locales suyas). Si es posible utilice un filtro para el agua de beber y de cocinar.



En la próxima reunión de padres, asegúrese de distribuir entre los padres el panfleto de la EPA “Déle A Su Niño La Oportunidad De Su Vida” y la lista de ideas para bocadillos que pueden confeccionar en sus casas. Para más información acerca del envenenamiento por plomo, refiérase a las hojas de información de la EPA “Oportunidad De Su Vida.” Para pedir más información, también puede llamar al Centro Nacional de Información sobre el Plomo.



## SUGGESTED SNACKS

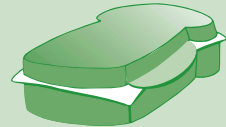
### Orange Smileys Makes 1-2 servings



1 Navel Orange

Wash orange.  
Cut into 8 wedges by slicing through  
4 times starting at the ends.  
Remove seeds.  
Show child how to eat pulp out of the wedges.

### Grilled Cheese and Tomato Sandwich Makes 1 serving



2 slices of wheat bread  
2 slices of cheese  
1 slice tomato  
Vegetable oil or Cooking spray

Make sandwich using bread, cheese, and tomato.  
Lightly coat pan with vegetable oil or cooking spray.  
Brown sandwich on both sides over low heat to  
melt cheese.  
Serve with milk or fruit juice.

### Banana Berry Smoothie Makes 2-3 servings



1-cup milk or yogurt  
1-cup fresh or frozen berries  
1 ripe banana

Mix all ingredients together in blender  
until smooth.

### Ant Boats Makes 8-10 servings



4-5 celery sticks  
1-container of cream cheese  
1-large packet of raisins

Wash celery; cut into 4" to 5" sticks. Spread the cream  
cheese over the celery stick (inside the opening).  
Place several raisins ("Ants") on top.



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## BOCADILLOS SUGERIDOS

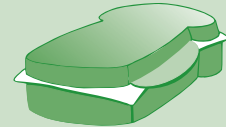
### Sonrisitas de naranja 1-2 porciones



1 Naranja tipo Navel

Lave la naranja.  
Córtela en 8 porciones o gajos cortando  
4 veces de un extremo al otro.  
Remueva las semillas.  
Muéstrela al niño cómo debe comerla y  
dejar la piel de los gajos.

### Emparedado de queso y tomate a la sartén. 1 porción



2 rebanadas de pan de trigo  
2 rebanadas de queso  
1 rebanada de tomate  
Aceite vegetal o spray de cocinar

Confeccione el emparedado usando el pan,  
el queso y el tomate.  
Cubra ligeramente la sartén con aceite vegetal  
o spray de cocinar.  
Dore el pan por ambos lados con fuego bajo  
para que se funda el queso.  
Sirva con leche o jugo de fruta.

### Batido de banana y bayas 2-3 porciones



1 taza de leche o yogurt

1 taza de bayas frescas  
o congeladas

1 banana madura

Mezcle todos los ingredientes en la batidora  
hasta que suavice.

### Bote de hormigas 8-10 porciones



4-5 trozos de apio sin hojas

1 bote de queso crema

1 paquete grande de pasas

Lave el apio y córtelo en trozos de 4 a 5 pulgadas  
de largo. Esparza el queso crema sobre los trozos  
de apio (en la parte curva).  
Coloque varias pasas (hormigas) sobre el queso.



Para más información sobre envenenamiento por plomo, visite el sitio de Internet de la EPA en [www.epa.gov/lead](http://www.epa.gov/lead) o llame al Centro Nacional de Información sobre el Plomo (The National Lead Information Center) al 1-800-424-LEAD (5323).



# Elmo's Trip to the Doctor



Today was a special day. Elmo and his mommy were heading to the doctor's office.

"Mommy," Elmo said, "Elmo's not sick. Why is Elmo going to the doctor?"

"Elmo, you don't always have to be sick to go to the doctor," Elmo's mom told him. "This time we are going for a checkup. The doctor is going to look at your blood to make sure that it is as healthy as it can be."

"Will it hurt?" asked Elmo.

Elmo's mom gave him a kiss. "It will just feel like a little pinch, and I'll be right there with you, holding your hand."

"Okay, Mommy!" said Elmo, looking a teensy-weensy bit scared.



Please turn to the next page.





# Elmo visita al doctor



Hoy fue un día especial. Elmo y su mami iban de camino a la oficina del doctor.

“Mami”, dijo Elmo, “Elmo no está enfermo. ¿Por qué Elmo va al doctor?”.

“Elmo no siempre tienes que estar enfermo para ir al doctor”, dijo la mamá de Elmo.

“Esta vez vamos para un chequeo. El doctor va a examinar tu sangre para asegurarse de que esté muy saludable”.

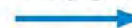
“¿Me va a doler?”, preguntó Elmo.

La mamá de Elmo le dio un beso. “Vas a sentir un pequeño pinchazo, pero yo voy a estar contigo sosteniendo tu mano”.

“¡Está bien mami!”, dijo Elmo un poco asustado.



Vea la siguiente página.



# Elmo's Trip to the Doctor



Elmo and his mommy arrived at the doctor's office. Like other monsters, they kept busy while they waited for their turn. First, they looked in a magazine and found pictures of many different things. They even sang in whisper voices. Elmo was having a lot of fun.

Then, Elmo and his mom heard the nurse call Elmo's name. It was time for the blood test.



Please turn to the next page.





## Elmo visita al doctor

Elmo y su mamá llegaron a la oficina del doctor. Mientras esperaban su turno, se entretuvieron como todos los demás monstruos. Primero, vieron una revista y unas fotografías de diferentes cosas. Hasta cantaron en voz baja. Elmo se estaba divirtiendo mucho.

Después, Elmo y su mamá oyeron que el enfermero llamó a Elmo. Era el momento para hacerse el examen de sangre.



Vea la siguiente página.





## Elmo's Trip to the Doctor



The nurse led Elmo and his mom into another room, where Elmo sat on a table covered with crisp, white paper.

"Today we're going to test your blood," the nurse explained. "I'm going to get a little blood from the tip of your finger. But first, can you tell me about your favorite animal, Elmo?"

The nurse took Elmo's furry, red hand and smiled at Elmo.

"Elmo loves cats, oh, and also dogs, but, of course, Elmo loves Elmo's favorite goldfish, Dorothy, and...oh!" Elmo felt a tiny pinch.

"All done!" the nurse said. He pressed a cotton ball to the tip of Elmo's finger and then wrapped a small blue bandage around it.

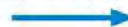
"Mommy," Elmo shouted excitedly. "You were right! Elmo just felt a little pinch. Elmo was very brave!"

"That's right!" said Elmo's mommy.

"Elmo is the bravest monster I know!" said the nurse with a big smile.



Please turn to the next page.



## Elmo visita al doctor



El enfermero llevó a Elmo y a su mamá a otra habitación, donde Elmo se sentó sobre una mesa cubierta con un papel blanco muy limpio.

“Hoy vamos a examinar tu sangre”, le explicó el enfermero. “Voy a sacarte un poquito de sangre de la punta de tu dedo. Pero antes, ¿me puedes hablar de tus animales favoritos, Elmo?”

El enfermero tomó la mano roja peluda de Elmo y le sonrió.

“A Elmo le encantan los gatos, ah, y también los perros, pero, bueno, a Elmo le encanta el pez dorado favorito de Elmo, Dorothy y... ¡uy!”, Elmo sintió un pequeño pinchazo.

“¡Terminamos!”, dijo el enfermero. Le puso una motita de algodón en la punta del dedo de Elmo y la sujetó con una bandita azul.

“Mami”, gritó Elmo emocionado. “¡Elmo solo sintió un pequeño pinchazo cómo dijiste! ¡Elmo fue muy valiente!”

“¡Eso es cierto!”, dijo la mamá de Elmo.

“¡Elmo es el monstruo más valiente que conozco!”, dijo el enfermero con una gran sonrisa.



En la siguiente página encontrarás consejos de qué hacer cuando visites el doctor.



## Elmo's Trip to the Doctor

# Tips



When Elmo got his blood tested for lead, he held his mommy's hand and talked with the nurse about his favorite animals. Here are some things you can do to make yourself feel better when you get your blood tested:

**Tell some funny jokes.**



**Hold your favorite person's hand or sit on your favorite person's lap.**



**Bring along a book to read.**



**Bring a special teddy bear or doll to hug.**



**Sing your favorite song.**





Elmo visita al doctor

# Consejos



Cuando a Elmo le hicieron un examen para ver si tenía plomo en la sangre, él tomó la mano de su mamá y habló con el enfermero de sus animales favoritos. Estas son algunas de las cosas que puedes hacer para sentirte mejor cuando te hagan un examen de sangre:

**Cuenta chistes  
graciosos.**



**Toma la mano o  
siéntate en las piernas de  
tu persona favorita.**



**Trae un libro  
para leer.**



**Trae un osito de  
peluche o un juguete  
especial y abrázalo.**



**Canta tu  
canción favorita.**



# Keep the Lead Away!



**Everyone in your family can work together to keep one another safe from lead poisoning!**

**Keep your child away from dust.**

Wet-mop and wet-wipe your floors, windowsills, and other dusty surfaces regularly.

**Leave your shoes at the door!**

This is an easy way to make sure that dirt and dust stay outside and do not get tracked onto your floors or carpet.

**Make sure your child washes his or her hands before eating.**

You can practice washing your hands together to show your child how to get them squeaky clean!

**Set up play areas away from peeling paint.**

If you have peeling paint in your home, contact your local health department to find out the best ways to clean it up.

**Check your child's toys for dust and chipped or damaged areas.**

Find out about recalls by visiting the U.S. Consumer Product Safety Commission at [cpsc.gov](http://cpsc.gov) or call (toll-free) **800-638-2772**.





# iProtégete del plomo!



## iTodos en tu familia pueden ayudarse el uno a otro a protegerse del envenenamiento con plomo!

### Mantenga a su niño alejado del polvo.

Despolve con un paño húmedo y limpie regularmente el piso, las ventanas y otras superficies con polvo.

### ¡Quítense los zapatos al entrar en la casa!

Esta es una manera fácil de asegurarse que la tierra y el polvo no entren a la casa ni se asienten en los pisos o alfombras.

### Asegúrese de que su niño se lave las manos antes de comer.

Pueden practicar esto juntos para mostrarle a su niño ¡cómo lavarse bien las manos!

### Prepare áreas de juego lejos de la pintura desprendida.

Si en su casa hay pintura desprendida, comuníquese con el departamento de salud de su localidad para averiguar de qué maneras se puede eliminar este problema.

### Revise si los juguetes de su niño tienen polvo, están rotos o dañados.

Averigüe cuáles juguetes han sido retirados del mercado, consultando al U.S. Consumer Product Safety Commission en [cpsc.gov](http://cpsc.gov) o llamando (gratis) al **800-638-2772**.







Check with your city, county, or local health department to find out how often you should get your child's blood tested for lead. Use the card below to help keep track of the level, and be sure to ask your doctor what each level means.



### BLOOD-TEST TRACKER

Let your Sesame Street friends help you keep track of the lead. Cut out the card and keep it in your wallet. Give it to your doctor to make sure your child's blood gets tested for lead.

### Lead-Away Blood Tests Wallet Card

Child's Name: \_\_\_\_\_

Child's Date of Birth: \_\_\_\_\_

Blood Test Date: \_\_\_\_\_ Lead Level: \_\_\_\_\_

Blood Test Date: \_\_\_\_\_ Lead Level: \_\_\_\_\_

Blood Test Date: \_\_\_\_\_ Lead Level: \_\_\_\_\_

Blood Test Date: \_\_\_\_\_ Lead Level: \_\_\_\_\_

Blood Test Date: \_\_\_\_\_ Lead Level: \_\_\_\_\_

Blood Test Date: \_\_\_\_\_ Lead Level: \_\_\_\_\_



Consulte con el departamento de salud de su localidad, de la ciudad o del condado para ver con qué frecuencia debe hacerle a su niño un examen para determinar la cantidad de plomo en la sangre. Usen la tarjeta aquí debajo para registrar el nivel de plomo y asegúrese de preguntarle a su doctor qué significa cada nivel.



**REGISTRO DE EXÁMENES DE SANGRE**

Dejen que sus amigos de Sesame Street les ayuden a mantener un registro del nivel de plomo. Recorte esta tarjeta y guárdela en su billetera. Désela al doctor para asegurarse de que a su niño le hagan un examen para medir el nivel de plomo en la sangre.

**¡Protégete del plomo! Exámenes de sangre**

**Tarjeta de billetera**

Nombre del niño/a: \_\_\_\_\_

Fecha de nacimiento del niño/a: \_\_\_\_\_

Fecha del examen de sangre: \_\_\_\_\_ Nivel de plomo: \_\_\_\_\_

Fecha del examen de sangre: \_\_\_\_\_ Nivel de plomo: \_\_\_\_\_

Fecha del examen de sangre: \_\_\_\_\_ Nivel de plomo: \_\_\_\_\_

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Fecha del examen de sangre: \_\_\_\_\_ Nivel de plomo: \_\_\_\_\_

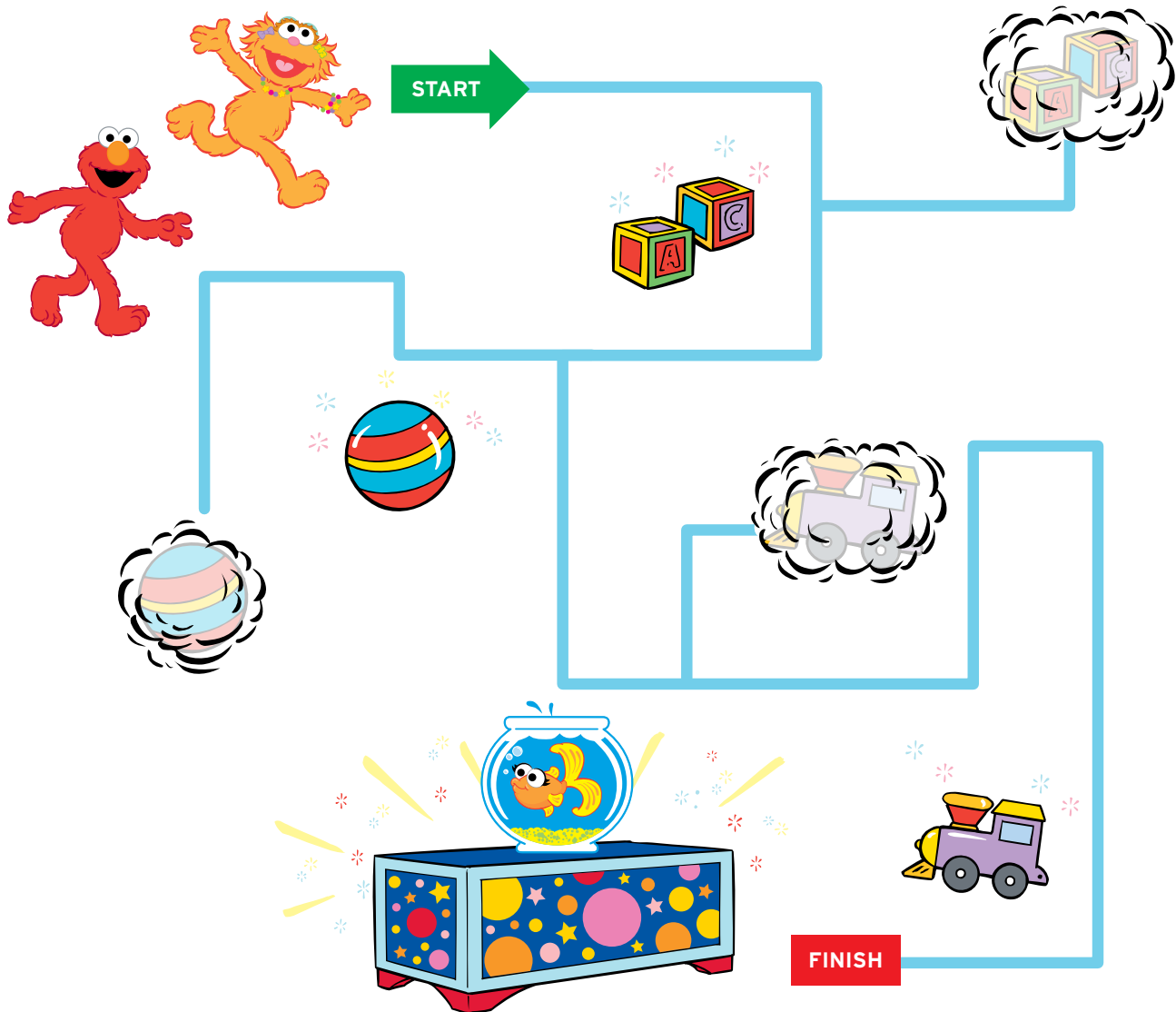
## Dust Busters

Elmo and Zoe want to play with Elmo's pet goldfish, Dorothy. They need to find a clean path to get from START to FINISH.

They know that it's important to stay away from dust. If lead from dust gets in their bodies, it can make them sick.



You can help Elmo and Zoe! Use your finger and then your crayon to find the way.



### PARENTS

You can share with your child simple, basic messages about lead and why it's important to avoid it.

- Lead can be found in dust, so stay away from dusty things.
- If you breathe in the dust, lead could get in your body and make you sick.

You can help keep your family safe from lead by wet-dusting and wet-mopping regularly.

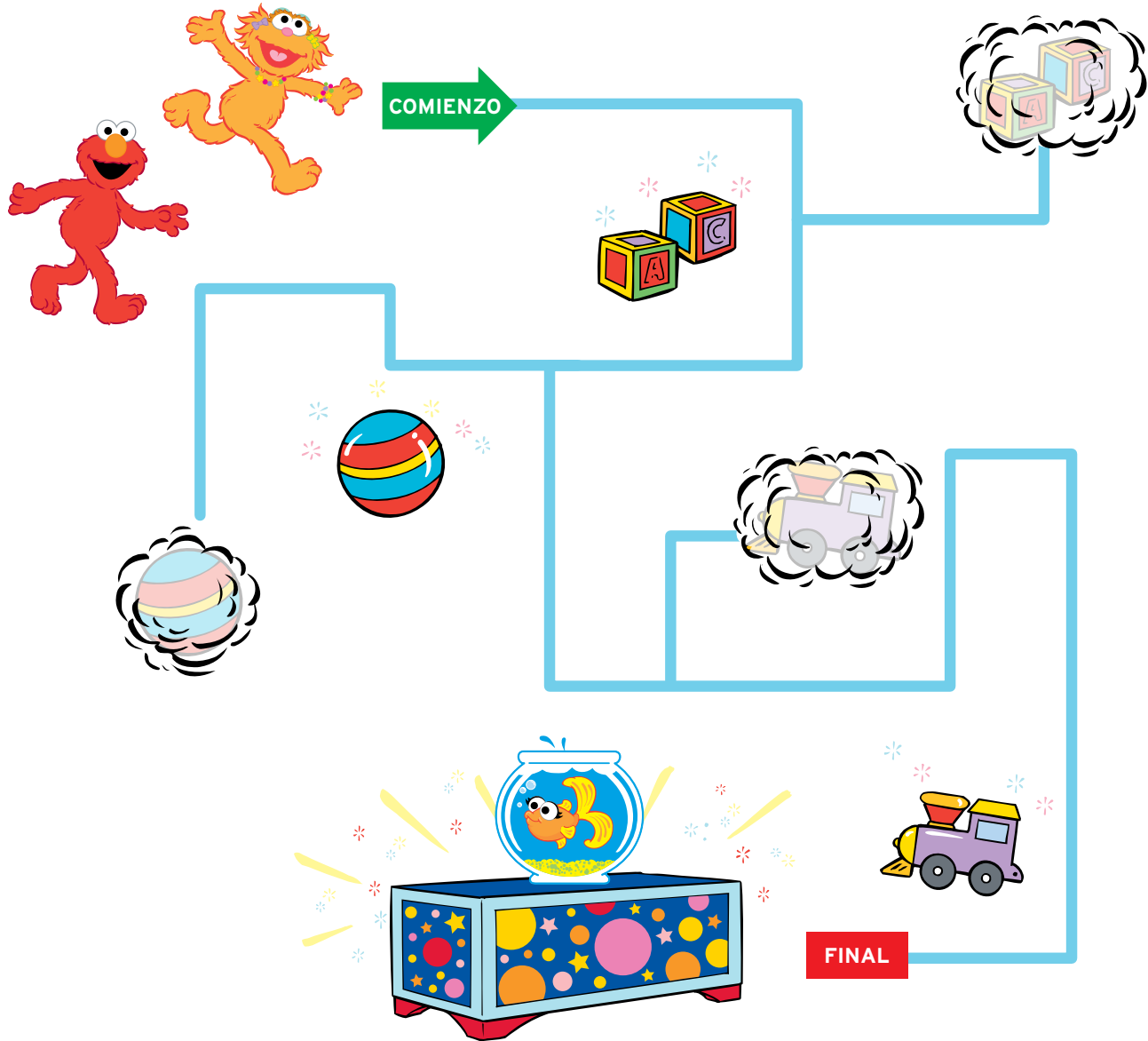
# Páginas de actividades



## Atrapadores de polvo

Elmo y Zoe quieren jugar con Dorothy, el pez mascota dorado de Elmo. Tienen que encontrar un camino limpio para ir desde el COMIENZO hasta el FINAL. Ellos saben que es importante mantenerse alejados del polvo. Si el plomo en el polvo entra en tu cuerpo, te puedes enfermar.

 ¡Puedes ayudar a Elmo y a Zoe! Usa tu dedo y luego un creyón para encontrar el camino.



### PARA LOS PADRES

Comparta con su niño los mensajes básicos y sencillos sobre el plomo y por qué es importante evitarlo.

- El plomo puede encontrarse en el polvo, por eso mantente alejado de las cosas con polvo.
- Si respiras polvo, el plomo puede entrar en tu cuerpo y hacer que te enfermes.

Usted puede proteger a su familia del plomo al despolvar con un paño húmedo y limpiar el piso regularmente.



# Activity Pages



## Lead Police

Ernie and Bert have joined the Lead Police! They learned that it's important to stay away from peeling paint. If lead from peeling paint gets in their bodies, it can make them sick.



**You can join the Lead Police with Ernie and Bert!**

**Look at the room on the left. Draw an X on all the peeling paint that you see. If you see peeling paint in your home, stay away from it, and tell your mom or dad or the other members of the Lead Police in your family!**

**Now look at the room on the right. What is different about it? That's right! There is no peeling paint. Ernie and Bert have done a good job making it safe. Now draw yourself in the room on the right.**



### PARENTS

Lead-based paint can crack, peel, and crumble into a fine dust that children may eat or inhale. To keep your children safe from lead, set up places to play that are free from peeling paint. For information on fixing any areas that have peeling paint, contact your local health department.



# Páginas de actividades



## Policías de prevención

¡Ernie y Bert se han unido a la Policía de prevención! Ellos aprenden que es importante mantenerse alejado de la pintura desprendida. Se pueden enfermar si el plomo en la pintura desprendida entra en sus cuerpos.



**¡Tú también puedes unirme a la Policía de prevención con Ernie y Bert!**

**Mira la habitación en la izquierda. Marca una X sobre todas las pinturas desprendidas que veas.**

**Si ves pintura desprendida en tu casa, no te acerques y avísale a tu mamá, papá o a los otros miembros de la Policía de prevención en tu familia.**



**Ahora mira la habitación a la derecha. ¿En qué se diferencia de la otra? ¡Bien! No tiene pintura desprendida. Ernie y Bert hicieron un buen trabajo convirtiéndola en un lugar seguro. Ahora dibújate a ti mismo en la habitación de la derecha.**



## PARA LOS PADRES

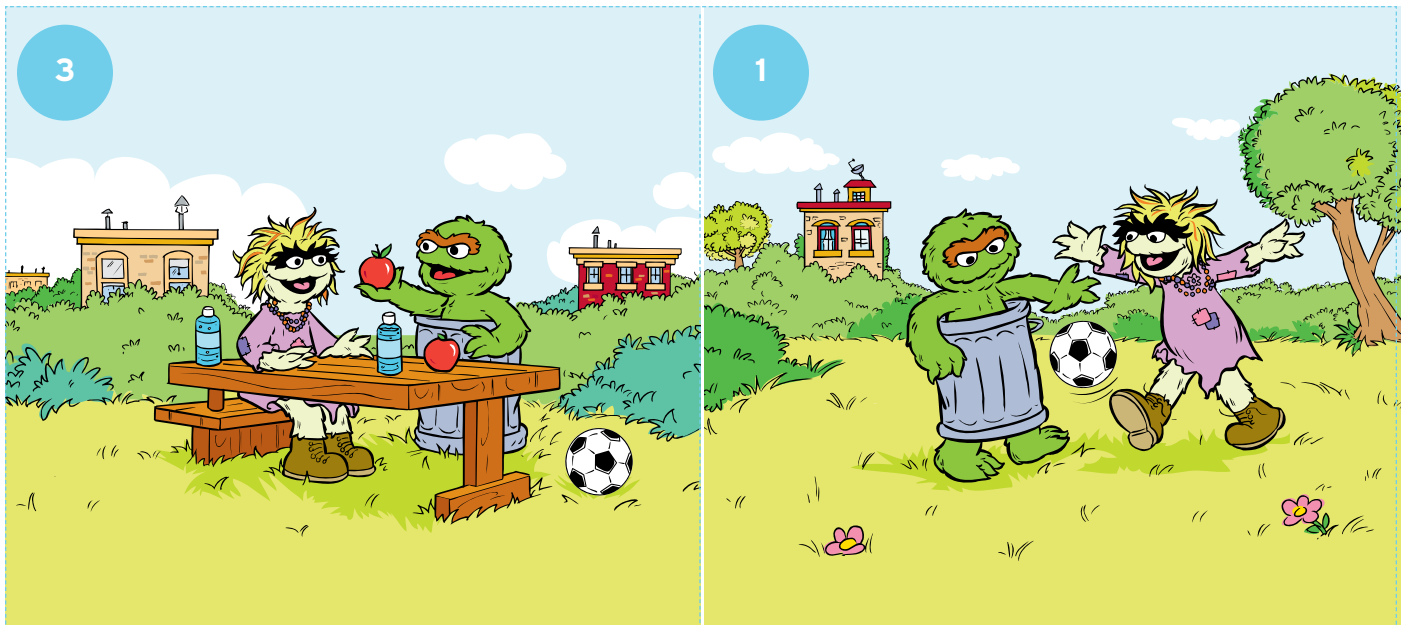
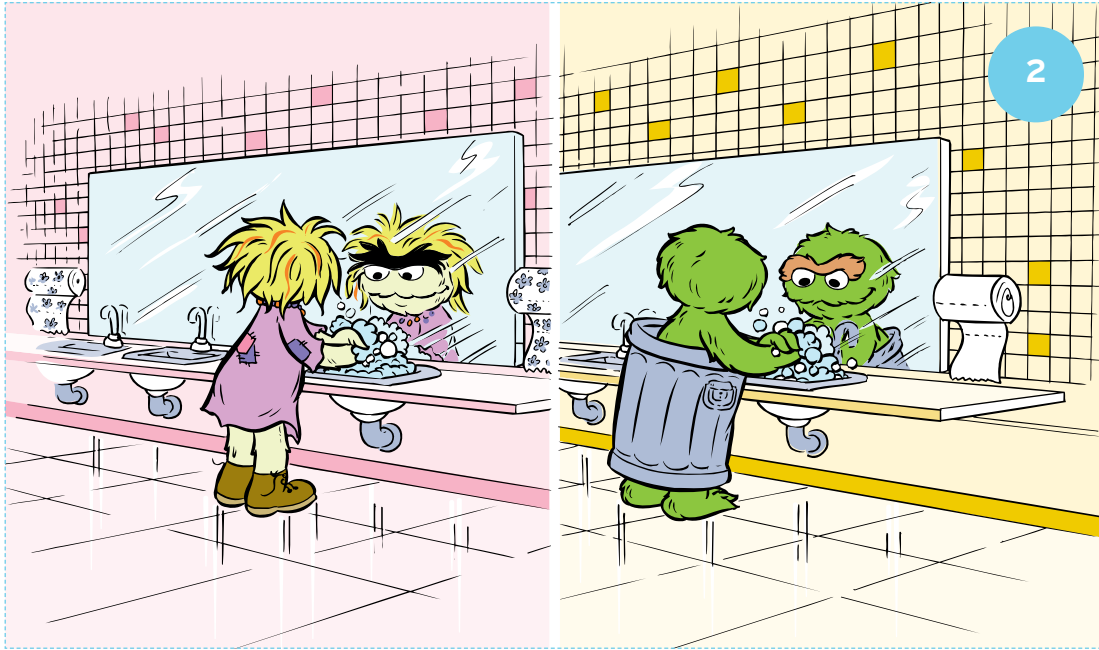
La pintura a base de plomo se puede agrietar, descascarar y desmoronarse en un polvo fino que los niños pueden ingerir o inhalar. Para proteger a sus niños del plomo, prepare áreas de juego donde no haya pintura desprendida. Para mayor información sobre arreglar las áreas con pintura desprendida, comuníquese con el departamento de salud de su localidad.



## Keep It Clean!

Oscar may love trash, but even grouches know that it's important to wash your hands before you eat!

Cut out the pictures of Oscar. What did Oscar do first? What did he do next?  
Put the pictures in order. Now tell a story about Oscar's day in the park.



### PARENTS

Show your child how to wash his hands thoroughly with soap and warm water by washing yours at the same time! Together, you should wash your hands for at least 20 seconds. It's easy! Just sing "Twinkle, Twinkle, Little Star!" and keep scrubbing until you're done!

# Páginas de actividades

123  
SESAME STREET

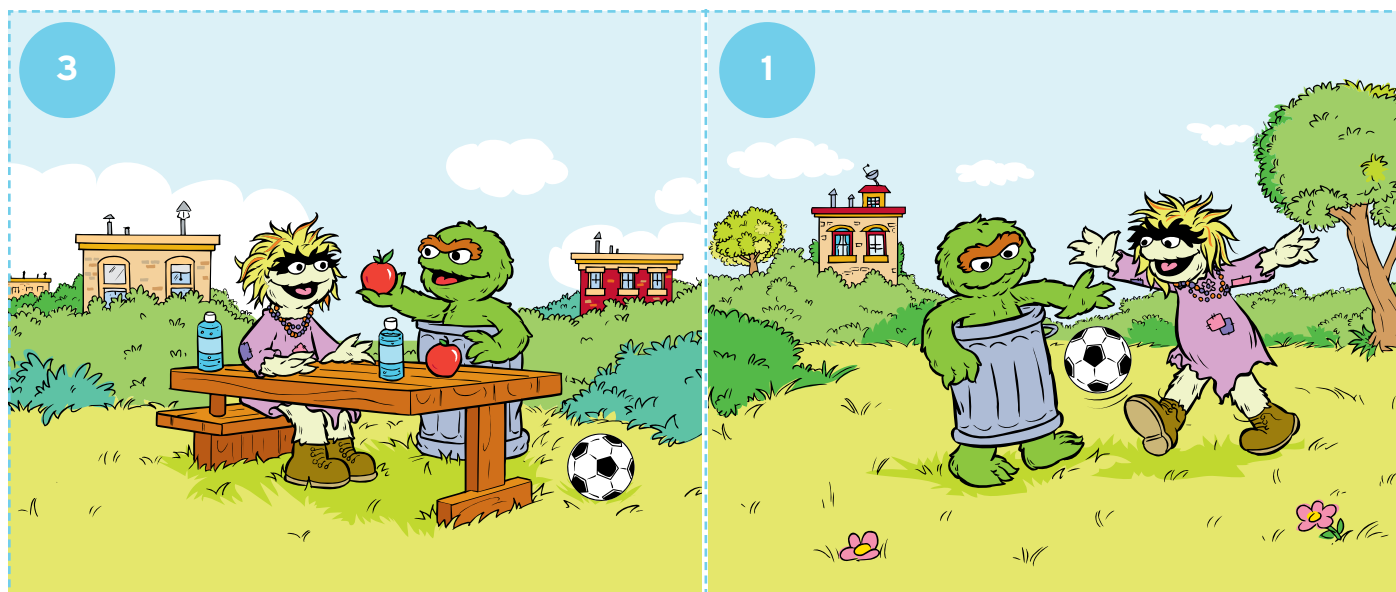
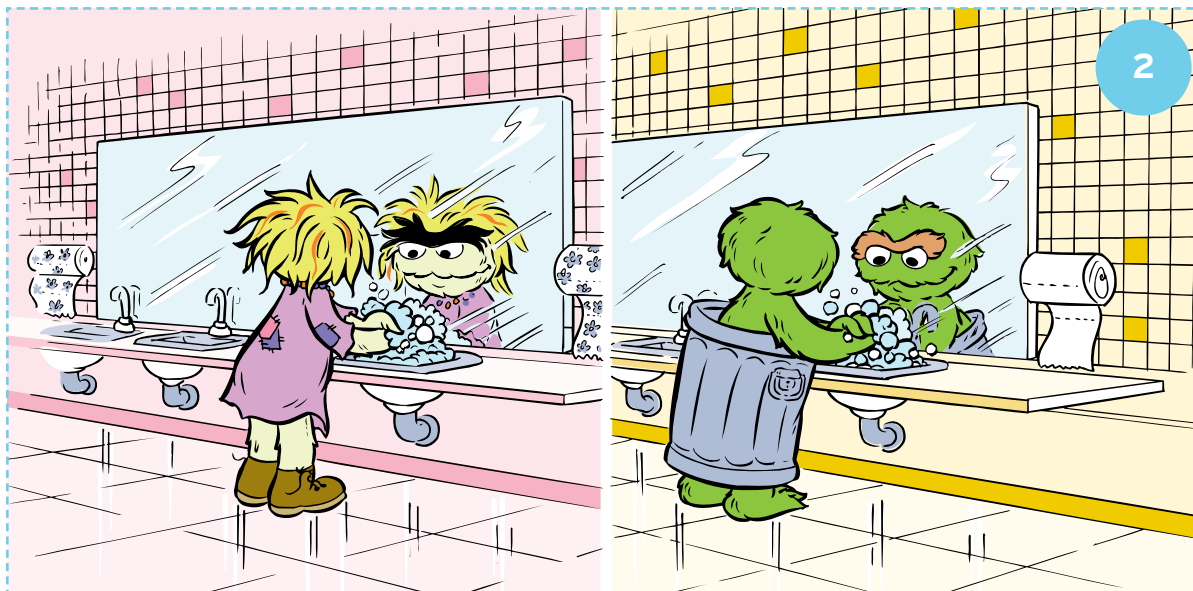
**iProtégete  
del plomo!**

Prevención contra el envenenamiento con plomo

## iManteniéndote limpio!

A Oscar le puede encantar la basura, ¡pero hasta los gruñones saben que es importante lavarse sus manos antes de comer!

Recorta los dibujos de Oscar. ¿Qué hizo Oscar primero? ¿Qué hizo después? Coloca los dibujos en orden. Ahora, relata un cuento sobre el día de Oscar en el parque.



### PARA LOS PADRES

Muéstrele a su niño cómo lavarse bien sus manos con agua tibia y jabón ¡haciéndolo juntos! Lávense las manos por al menos 20 segundos. ¡Es fácil! Simplemente canten “¡Brilla, brilla, estrellita!” y sigan restregando sus manos hasta que estén limpias.



# Activity Pages



## Take Your Shoes Off!

Count von Count invited Bert and Ernie and some other friends to a counting party. He knows that to stay safe from lead, everyone needs to leave their shoes at the door before they come into the castle.

**Count how many shoes there are altogether. Then, draw lines to match the pairs. How many different pairs of shoes are there?**



### PARENTS

Together with your child, use paper and drawing materials to make a "Please leave your shoes at the door" sign to post near your door. Explain to your child that having family and visitors take their shoes off at the door will help keep lead away from your home.



# Páginas de actividades



## ¡Quítate los zapatos al entrar en la casa!

El Conde von Count invitó a Bert, Ernie y a otros amigos a una fiesta para contar. Él sabe que para protegerse del plomo, todos deben quitarse los zapatos al entrar en el castillo.

Cuenta cuántos zapatos hay en total. Luego, traza una línea para unir cada zapato con su par. ¿Cuántos pares de zapatos hay?



### PARA LOS PADRES

Junto con su niño utilice papel y otros materiales para dibujar, y hagan un letrero que diga: "Quítate los zapatos al entrar en la casa". Cuélguenlo cerca de la puerta. Explíquelo a su niño que si todos en la familia y las visitas se quitan los zapatos al entrar, ayudarán a mantener su casa libre de plomo.