

Wet Wipe, Wash and Eat Well

Use a wet cloth for dusting instead of a dry cloth.

Regularly wash your family pets.

Regularly wet wipe and wash toys - particularly when infants are teething.

Eat at least 3 healthy meals per day, breakfast is the most important meal of the day.

Tips to reduce blood lead levels
Living safely with lead



Living with Lead Alliance

For more information contact the **Living with Lead Alliance** on 1800 457 547 or visit www.livingwithlead.com.au