

[Date]

[Name of Parent/Guardian]

[Street Address]

[City, State Zip Code]

Dear [Name of Parent/Guardian]:

On [Interview Date], an [Name of LHD] representative spoke with you to discuss possible sources of your child's lead exposure. The enclosed report explains the effects of lead on your child and details the service that was provided.

Listed below are some things you can do now to reduce your child's lead exposure:

- Wash surfaces like windowsills, window troughs, and floors frequently.
- Vacuum debris and dust with a HEPA (High Efficiency Particulate Air) vacuum system. A HEPA vacuum is available for loan from a local health department or housing agency.
- Wash your child's hands, especially before eating and sleeping, and after playing on the floor or outside. Wash your child's clothes, pajamas, and toys often.
- Give your child a balance diet high in calcium (for example, milk, cheese, tofu, and yogurt) and iron (for example, peanut butter, greens, raisins, and beef) and low in fat (avoid fried foods). Encourage your child to eat at the table to avoid food contamination.
- Have your child tested for lead within two months of the first test or as directed by your physician to watch any changes in the blood lead level.
- Do not store fruit or vegetable juices in metal cans after the can is opened—use plastic or glass containers instead. Avoid using lead crystal glassware or imported or old pottery.
- Do not allow your children to play with or chew on printed material such as newspapers or magazines—colored inks may contain lead.
- Do not let children play in bare soil, especially around the foundation of the house. Look for areas with grass or other safe coverings.

Additional information about lead can be requested by calling [Telephone #].

Sincerely,

[Name of LHD Representative]

[Representative Title]

[LHD Name]

Enclosures