



Adult Blood Lead Epidemiology & Surveillance  
Texas Department of State Health Services

# HOW TO PROTECT YOUR FAMILY FROM LEAD EXPOSURE

If you work with lead, you may take lead dust from your job to your family when you wear your work clothes and shoes home. Lead dust can get in your car. It can get on furniture, floors, and carpets. Use the following steps to protect yourself and your family:

## At work

- Do not wear your work clothes home – change your clothes AND shoes before you leave work
- Put your work clothes and shoes into a plastic bag and seal or tie it shut
- Wash your face and hands with soap and water before eating, drinking, or leaving work



## At home

- When you get home from work, be sure to keep your work clothes and shoes in an area where children do not play
- Wash these work clothes separately from your family's clothing
- If you have to wear your work shoes home, use entryway mats and put your shoes in a place where children can't reach them
- Regularly wash your children's hands with soap and water
- Regularly wash your children's toys with soap and water
- Vacuum carpeted areas before wet mopping floors
- Cover carpeted floors with throw rugs
- Ask your doctor to test your family for lead

