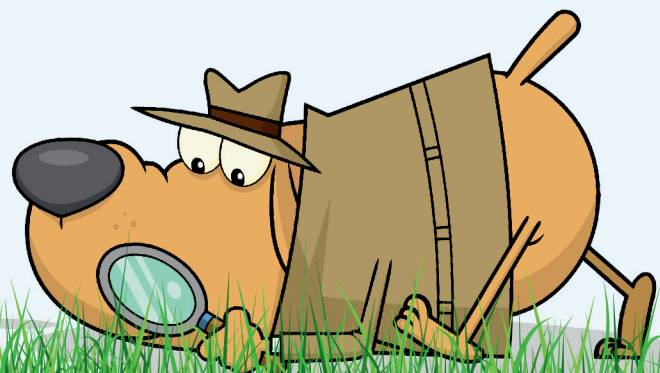


Northwest PEHSU and the Washington State
Department of Health present:

Detect and Protect: A Lead Safety Activity Book





**Created by: Aileen Andrade-Torres, MaryKate Cardon,
Margaret Willis, Cristina Urrutia, and Emma Bauer**

**This activity book was developed by the Northwest PEHSU with funding from the
Washington State Department of Health.**

A message to parents from the Northwest PEHSU ...

THE PEDIATRIC ENVIRONMENTAL HEALTH SPECIALTY UNIT (PEHSU) IS A NATIONAL NETWORK OF EXPERTS IN CHILD HEALTH ISSUES RELATED TO ENVIRONMENTAL EXPOSURES, SUCH AS LEAD.

IN THIS ACTIVITY BOOK, KIDS WILL LEARN HOW TO DETECT AND PROTECT AGAINST LEAD EXPOSURE ALONGSIDE DETECTIVE DOG. BY WORKING ON THESE ACTIVITIES WITH YOUR CHILD, YOU CAN WORK AS A FAMILY TO BE LEAD FREE!

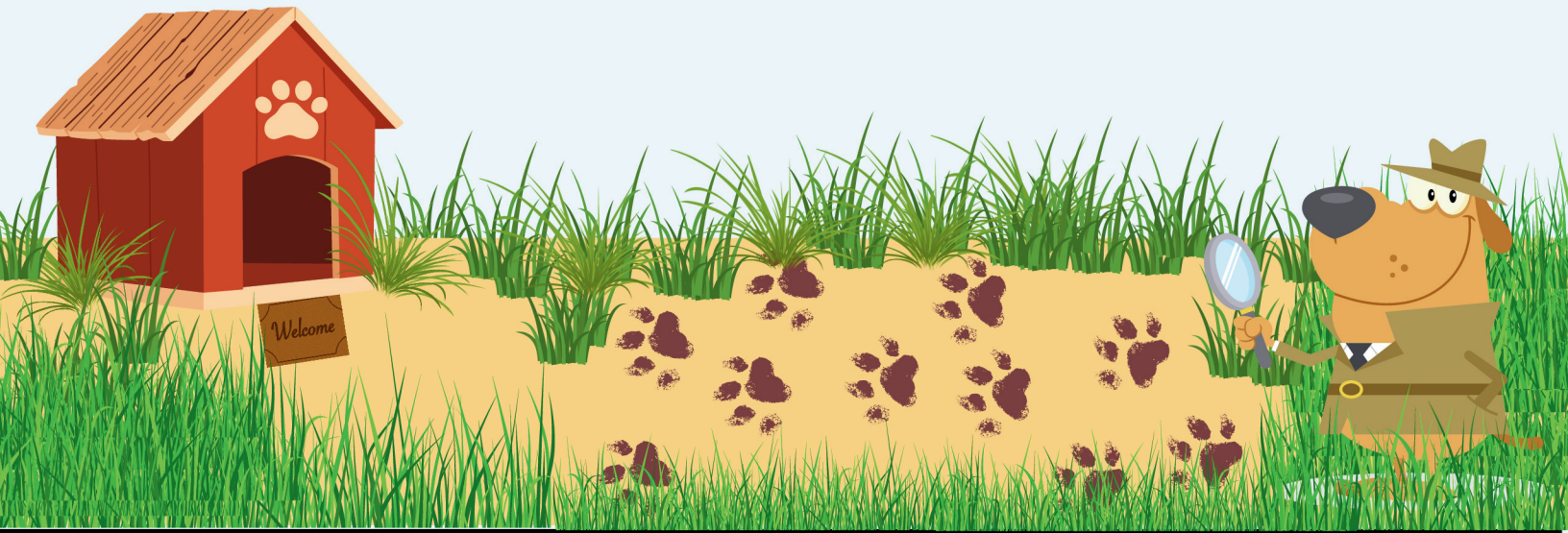
TO LEARN MORE ABOUT THE PEHSU AND CHILDREN'S ENVIRONMENTAL HEALTH TOPICS, VISIT WWW.PEHSU.NET

What is lead?

Lead is a sneaky metal that can hide in dirt, dust, old paint, and other tricky places. Lead doesn't belong in our bodies, but there are things you can do to stay healthy!

Lead can be tricky to spot, but Detective Dog is on the case! He's here to help you sniff out where lead might be hiding and show you how to protect yourself.

Complete the fun activities in this book to learn how you and your family can stay lead-free!



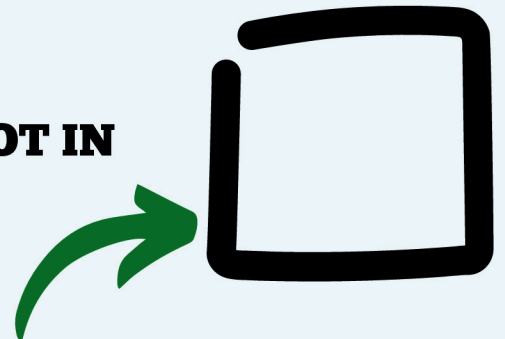
Find the Detective's Hats



OH NO! DETECTIVE DOG HAS LOST HIS HATS ALL OVER THIS BOOK!

KEEP YOUR EYES SHARP AND LOOK CAREFULLY, HIS HATS ARE HIDING ON DIFFERENT PAGES. MAKE SURE TO COUNT EVERY HAT YOU SEE, EVEN THE ONES HE'S WEARING!

**HOW MANY HATS DID YOU SPOT IN
THIS BOOK?**



WRITE HOW MANY YOU FOUND HERE

Indoor Lead Detective, Search for Hidden Dangers!

Lead can hide inside, but you can be a detective and find it! Some houses built before 1978 have 🏠 old paint that can chip and turn into dust. Some 🚰 old pipes may have lead in them. Lead can also sneak in on 🧰 work tools or 🦶 dirt from peoples shoes.

Circle the images above in the picture below!



Parents:

If your home was built before 1978, the paint may contain lead. Check painted surfaces for chipping or peeling paint. When repairing, remodeling, or repainting, use lead safe practices, or hire a lead-safe certified contractor.

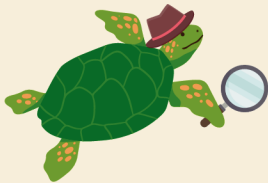


Power Up Against Lead with Food!

Lead can sneak into our bodies, but with the power of food, you can stop it! Eating the right foods helps keep lead from sticking around. Calcium (cheese, yogurt), iron (chicken, spinach), and vitamin C (oranges, strawberries) are your superfoods, helping protect your body from lead.

Help the hungry animals find the best superfoods! Draw a line from the animal to the superfood that will help them stay strong and fight off lead

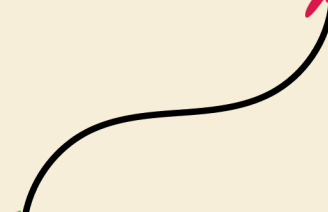
Tina the Turtle loves calcium to keep her shell strong!



Leo the Lion eats iron to stay strong!



Polly the Parrot enjoys vitamin C to keep her feathers bright!



Power-Packed Veggie Quesadilla

Try this iron, vitamin C, and calcium-rich recipe!



What You'll Need:

- 1 whole wheat tortilla
- 1/4 cup shredded cheese (calcium)
- 1/4 cup spinach (iron)
- 1/4 cup bell peppers (vitamin C)
- 1/4 cup black beans (iron)
- 1/4 cup cooked chicken (iron, protein)
- 1 tablespoon olive oil

How to Make It:

1. With an adult's help, heat a pan over medium heat and brush it with olive oil. Place a tortilla on the pan, then sprinkle cheese, spinach, bell peppers, black beans, and chicken on one half of it.
2. Fold the tortilla in half and cook for 2-3 minutes on each side until golden and crispy.
3. Slice into wedges and enjoy your Power-Packed Veggie Quesadilla!

Keep Lead outdoors!

Lead can hide in places like playground paint, dirt, or even where people work. To keep your home clean and safe, always take off your shoes before coming inside! Color the sign below to remind everyone to remove their shoes and keep the dirt outside!

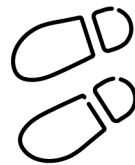


CUT HERE



PLEASE
TAKE OFF
YOUR
SHOES!







Stop Lead with Clean Hands!



Lead can sneak onto your hands, but with the power of soap, water, and a little scrubbing, you can stop it! Washing your hands helps rinse away lead dust and dirt before it can get into your body. Scrubbing for 20 seconds (about the time it takes to sing a fun song) makes sure your hands are clean and protected.

Create your own 20-second song!

Fill in the blanks with your own fun words to create a super hand-washing song and sing it while you scrub your hands for 20 seconds to stop lead!

(sang to the tune of "Old McDonald had a Farm")

🎵 Verse 1:

My super skin is strong and bright, SCRUB, SCRUB, SCRUB!
It blocks out lead with all its might, SCRUB, SCRUB, SCRUB!

With a _____ here, and a _____ there,
(sound effect) (sound effect)
Here a rub, there a _____, everywhere a scrub-scrub,
(noun)
My super skin is strong and bright, SCRUB, SCRUB, SCRUB!

🎵 Verse 2:

Soap and water save the _____, BUBBLE, BUBBLE, BUBBLE!
(noun)
Washing lead and germs _____, BUBBLE, BUBBLE, BUBBLE!
(rhymes with last noun)

With a splash-splash here, and a _____ there,
(sound effect)
Here a splash, there a scrub, everywhere a _____,
(sound effect)
Soap and water save the day, BUBBLE, BUBBLE, BUBBLE!



Coloring Sheet

HELP DETECTIVE DOG WASH THE DIRT  AWAY BY COLORING IN THIS PAGE.

WASH THE LEAD AWAY!



Lead can sneak into dirt and get on our hands when we play outside. We can use our washing hands super power to wash the lead away after we play.



Word Search!



Fill in the blanks with words from the word bank to learn ways to avoid lead. Then find and circle the words in the grid below!

F	A	D	C	T	G	R	N	Q	E	S	S
Y	P	A	I	N	T	C	B	R	E	P	E
I	D	D	C	S	A	M	A	O	I	N	C
Q	U	M	I	L	B	Q	H	F	Y	Z	O
K	S	T	D	R	G	S	A	J	W	V	N
H	T	O	E	K	T	L	N	N	S	X	D
F	I	L	T	E	R	E	D	R	Q	Y	S
M	Y	I	Y	A	T	H	S	V	O	Z	A
T	C	A	L	C	I	U	M	G	E	J	Q
W	U	D	Z	A	L	O	F	V	Q	M	I

Clues

1. WASH YOUR _____ BEFORE EATING OR TOUCHING FOOD.
2. EAT FOODS WITH _____, IRON, AND VITAMIN C TO PROTECT YOUR BODY FROM LEAD.
3. TAKE OFF YOUR _____ WHEN YOU COME INSIDE TO KEEP LEAD OUT.
4. ALWAYS WASH YOUR HANDS FOR AT LEAST 20 _____.
5. WIPE AWAY _____ FROM WINDOWSILLS AND FLOORS OFTEN.
6. USE COLD OR _____ TAP WATER FOR COOKING AND DRINKING.
7. STAY AWAY FROM PEELING _____.
8. AVOID TOUCHING _____ AND THEN PUTTING YOUR HANDS IN YOUR MOUTH.

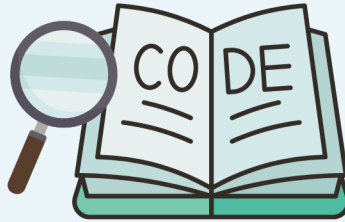
Word Bank

Dirt	Calcium
Seconds	Paint
Filtered	Hands
Shoes	Dust



Break the Code!

Help Detective Dog break the code! Use the key down below to reveal the hidden message,



E	R	X	A	G	T	L	N	P	Z	C	Y	K	B	D	O	W

— — — — — —

— — —

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 :

— — — —

— — — —

— — — — !

We protect ourselves from lead by:

- ☐ Using a doormat and taking shoes off before coming into the home
- ☐ Eating a diet rich with iron, vitamin C, and protein to fight off lead
- ☐ Staying away from any peeling or damaged paint, inside and out
- ☐ Washing our hands after playing outside and before we eat
- ☐ Telling our doctor if we are worried about lead

This Certificate of completion is presented to

(Name)

for completing this activity book and becoming a LEAD Detective!



More information for Parents

Lead is a naturally occurring metal that is harmful to humans. Children six years old and younger are the most affected because their still growing brains are more sensitive to the damaging effects of lead.

Possible sources of lead include lead-based paint in homes built before 1978, soil, drinking water, toys and jewelry, workplace and hobby hazards, aluminum or glazed ceramic cookware, imported spices, and traditional home remedies and cosmetics

You can help your family have a safer, healthier future by taking steps to reduce lead exposure from common sources. Visit the Washington State Department of Health's Lead page to learn more about how you can protect your family at doh.wa.gov/community-and-environment/contaminants/lead, or by scanning the QR code below.



A BLOOD LEAD TEST IS THE ONLY WAY TO TELL IF YOUR CHILD HAS BEEN EXPOSED. MOST CHILDREN WHO HAVE BEEN EXPOSED DO NOT LOOK OR ACT SICK, BUT EVEN SMALL AMOUNTS OF LEAD CAN BE HARMFUL TO THEIR FUTURE HEALTH.



Parents:

If you are worried your child has been exposed, talk to your doctor about getting them a blood lead test. Children enrolled in Medicaid (Apple Health) are automatically qualified for a blood lead test at 12 and 24 months or anytime before their 6th birthday if they have not yet been tested.



Answer Key

1.

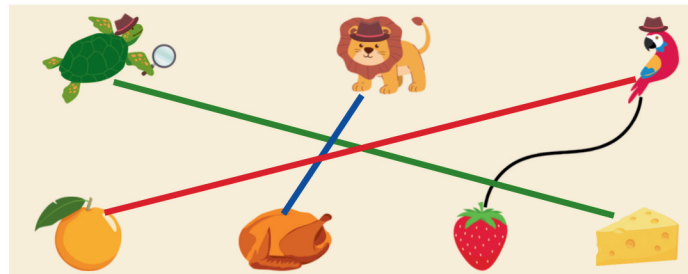
HOW MANY HATS DID YOU SPOT IN THIS BOOK?
(not including the hats on this page)

15

2.



3.



4.



5.

