

# BE A LEAD SUPERHERO

Eat healthy foods high in calcium and iron



**OK!**

**YEAH!**

**COOL!**



**SPLASH!**

Wash your hands

Keep toys and hands out of your mouth



**VROOOOM!**



**NO!**

Avoid peeling paint



Alabama Childhood Lead Poisoning Prevention Program  
1-833-677-1495 • [alabamapublichealth.gov/aclppp](http://alabamapublichealth.gov/aclppp)

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