

- Have water tested by a competent laboratory. This action is especially important for apartment dwellers; flushing may not be effective in high-rise buildings and in other buildings with lead-soldered central piping.
- Do not store food in open cans, particularly if cans are imported.
- Do not use pottery or ceramic ware that was inadequately fired or is meant for decorative use for food storage or service. Do not store drinks or food in lead crystal.
- Avoid folk remedies or cosmetics that contain lead.
- Avoid candy imported from Mexico (e.g., tamarind hard candy).
- Avoid imported toys and toy jewelry that may contain lead.
- Make certain that home exposure is not occurring from parental occupations or hobbies. Household members employed in occupations such as lead smelting should shower and change into clean clothing before leaving work. Construction and lead abatement workers may also bring home lead contaminants.
- Ensure that children eat regular meals because more lead is absorbed on an empty stomach.
- Ensure that children's diets contain sufficient iron and calcium and not excessive fat.
- Consider iron supplementation if child does not regularly consume foods rich in iron.

Modified from Centers for Disease Control and Prevention: *Lead home*, 2013, <http://www.cdc.gov/nceh/lead/>.

For children who undergo chelation therapy, the nurse prepares them for the injections and makes all efforts to reduce injection pain. Chelating agents are administered deeply into a large muscle mass (see [Atraumatic Care](#) box). To lessen the pain from calcium EDTA, the local anesthetic procaine is injected with the drug. Rotation of sites is essential to prevent the formation of painful