

# IS THERE LEAD IN THE WATER?



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

This series has been endorsed by:

American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

[www.healthychildren.org](http://www.healthychildren.org)

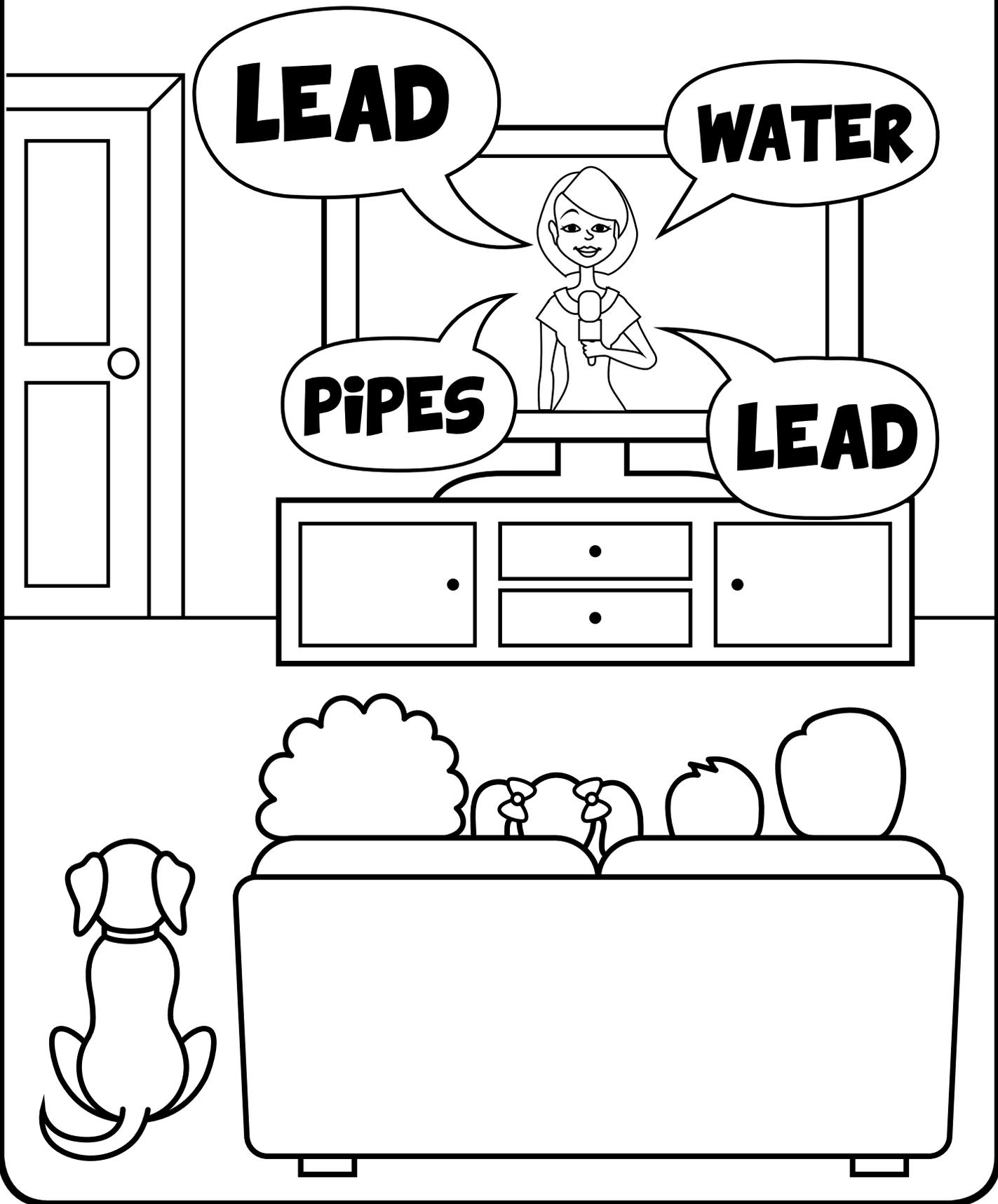


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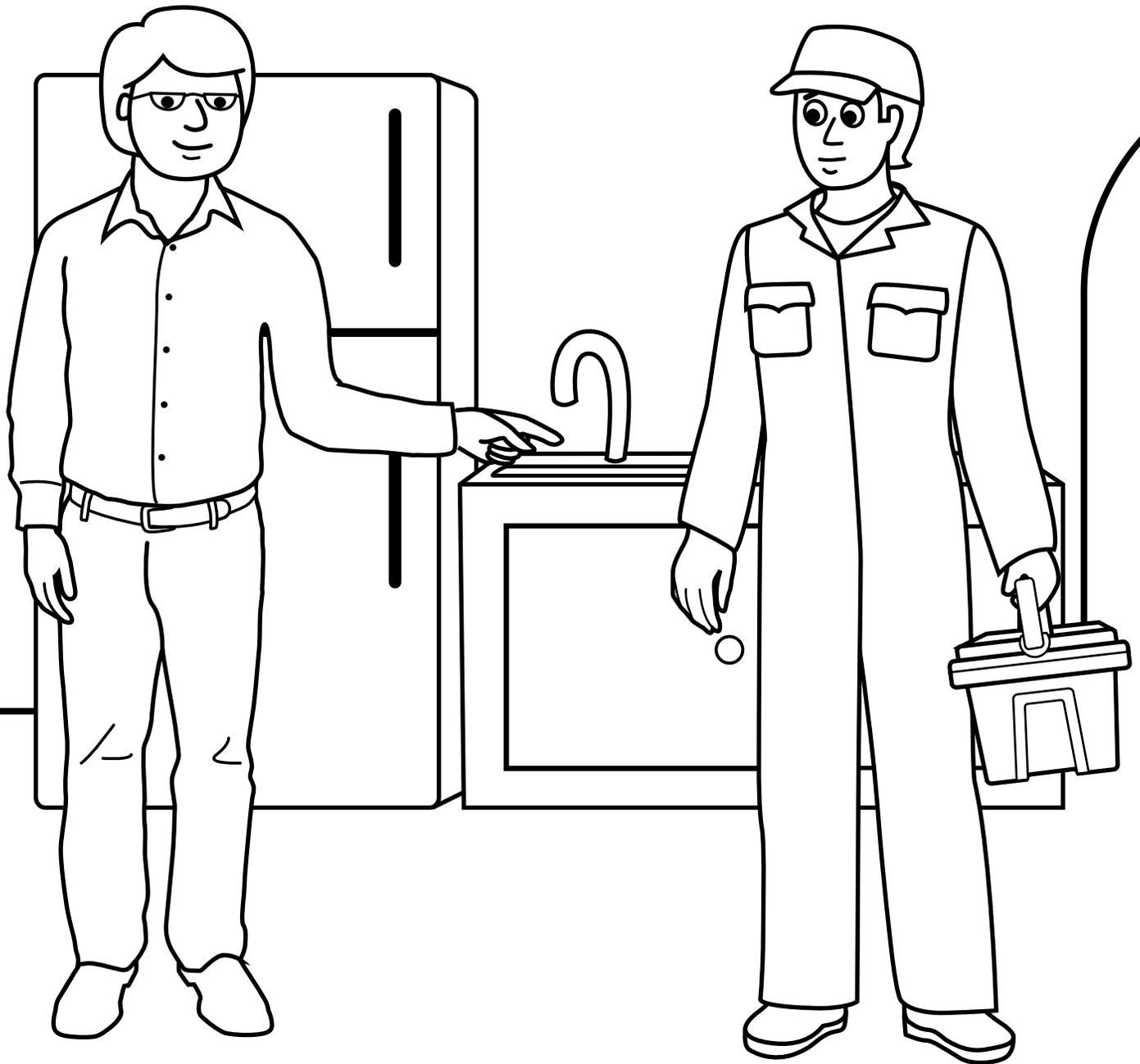
### **Note to Parents and Guardians**

The Centers for Disease Control and Prevention has created this activity book to offer parents an interactive way to talk to their kids about lead in the water. It is important to note that lead can also be found in paint, dirt, and dust. This activity book is recommended for children from 2-8 years old.

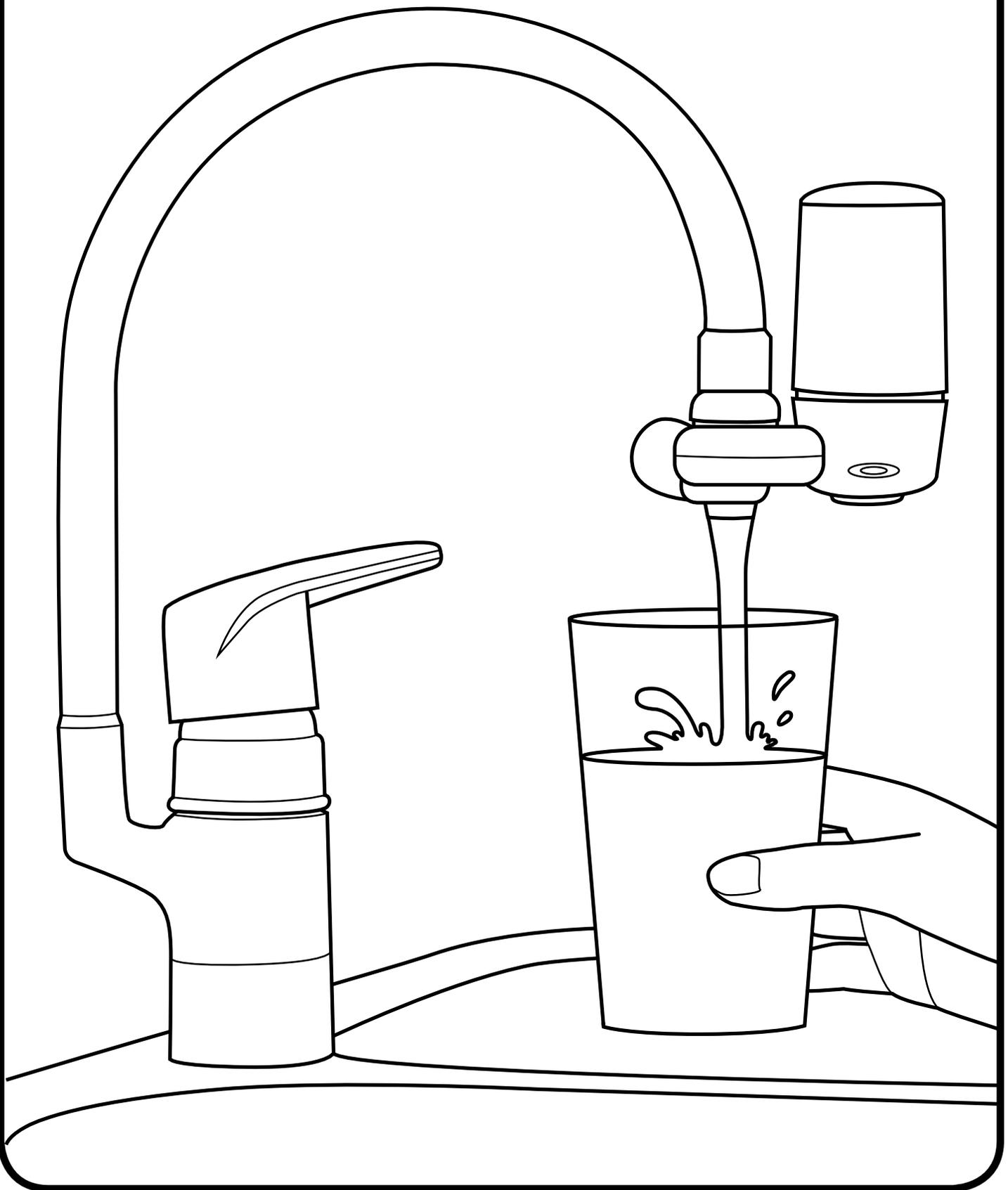
Have you heard people talking about lead? Lead in your water means that it is not safe to drink. You might get sick!



You cannot see, taste, or smell lead in water. The water will have to be tested to find out if there is lead in it. A worker might come to your house to test the water.



If the water is not safe to drink, a filter will be put on your sink. Most times a filter can make water safe to drink.



# SEARCH AND FIND

If the water is still not safe, you may have to drink bottled water only.

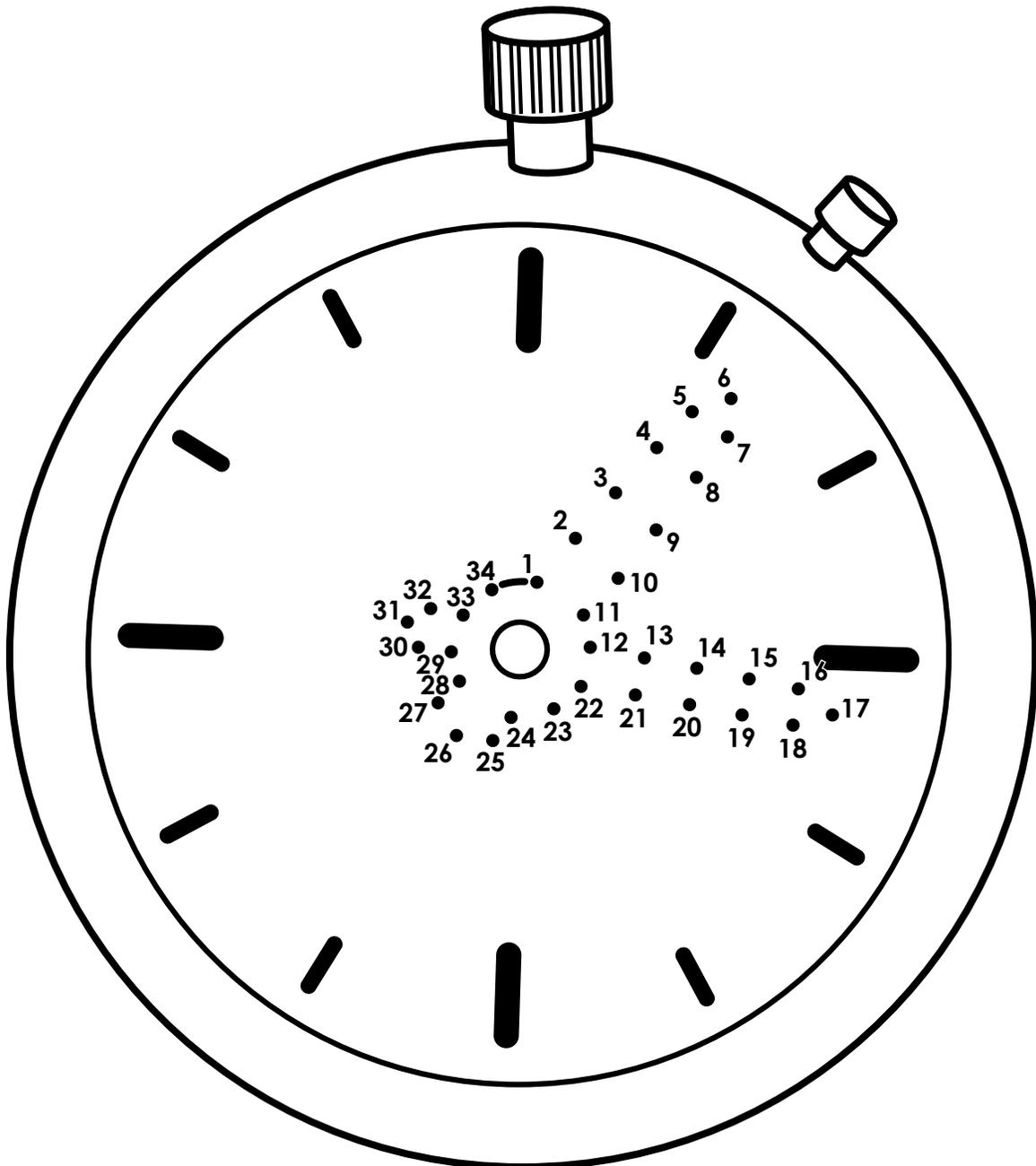
How many bottles of water can you find in this picture?



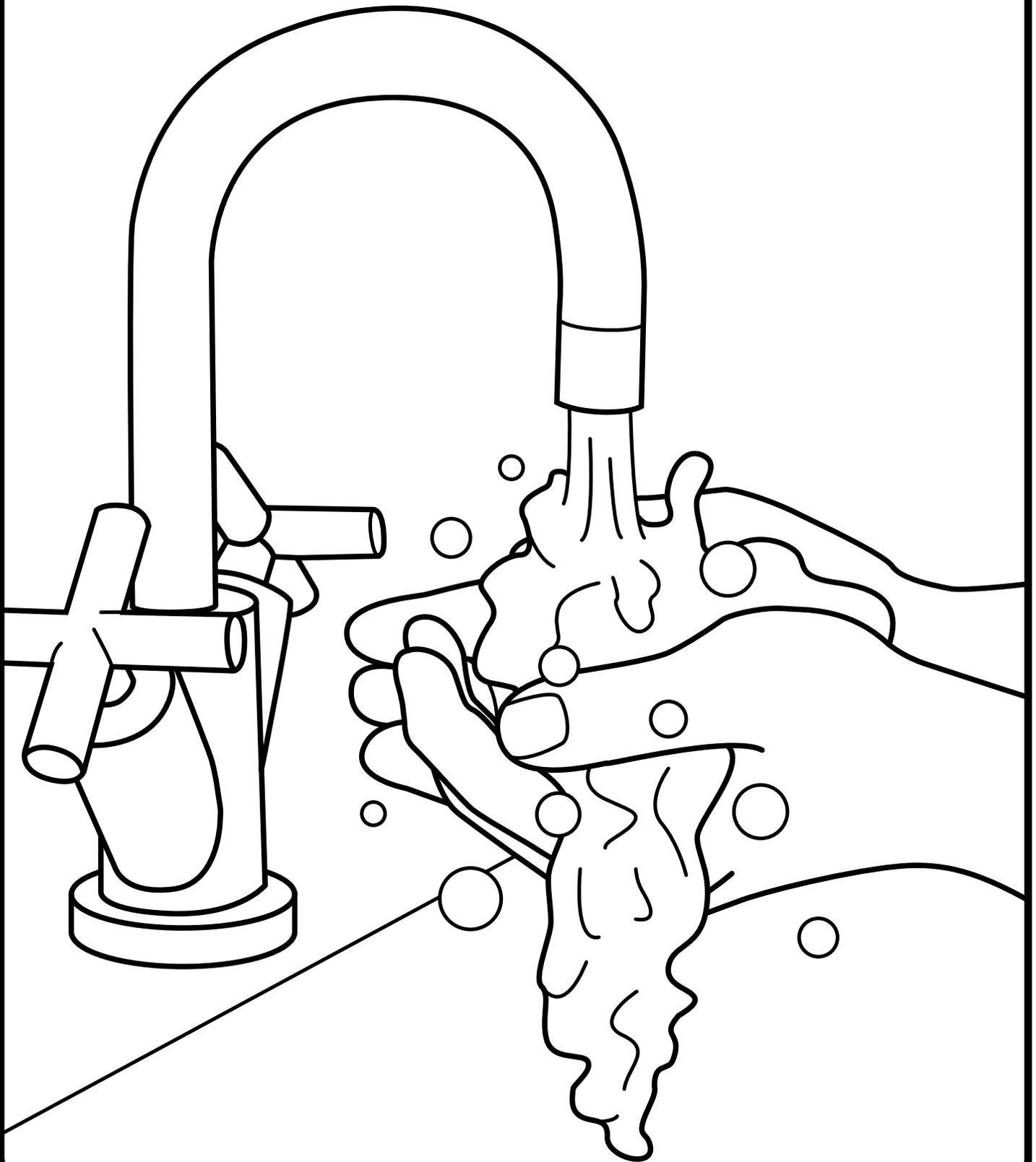
# CONNECT THE DOTS

Even if you have a filter on your sink, remember to turn on the cold water for 5 minutes every morning. This is called flushing out your pipes!

**Be a good helper! Connect the dots to find a helpful timing tool.**

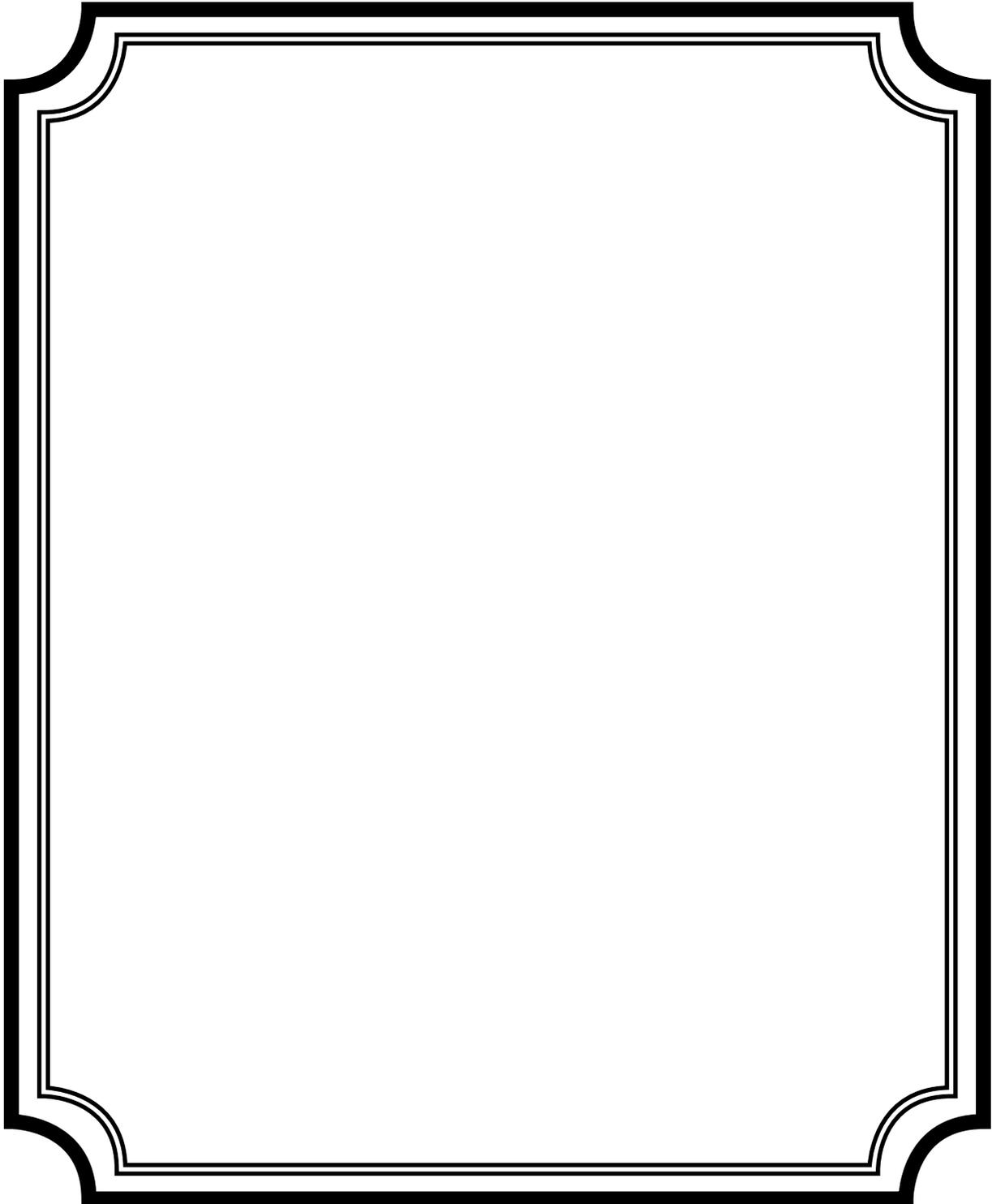


It is okay for water with lead in it to touch your skin. Just don't drink it! You can still wash your hands and take a bath.



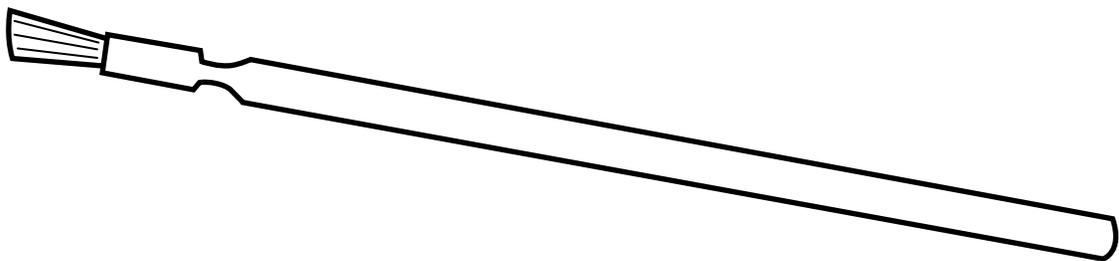
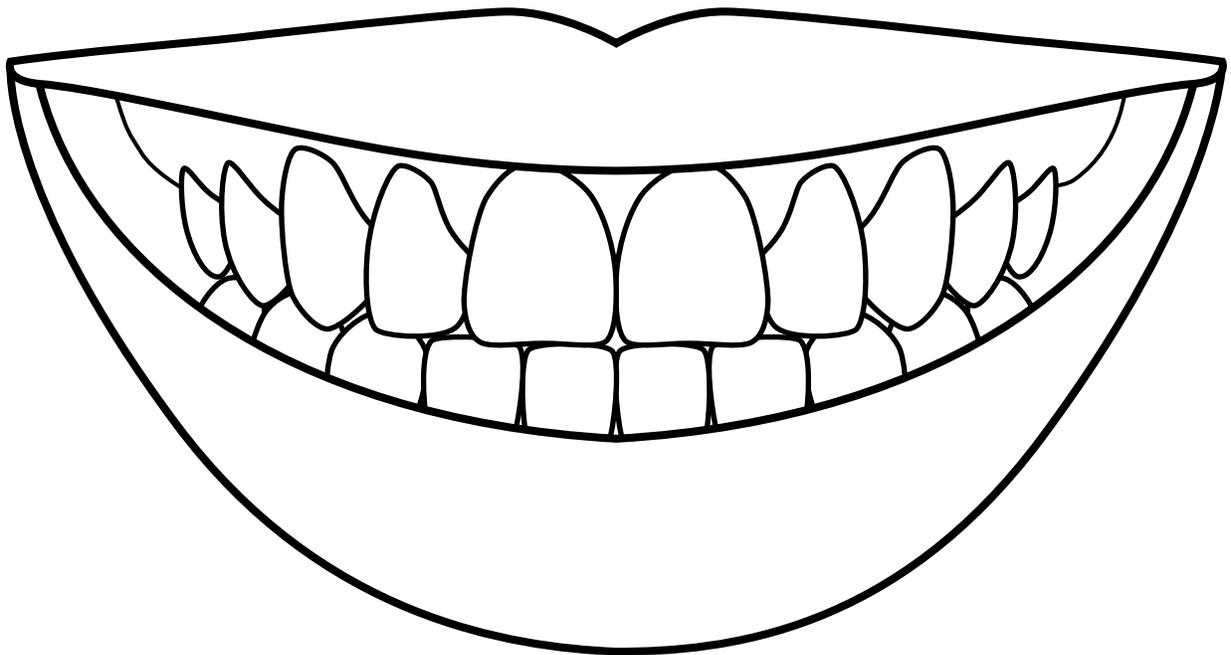
Make sure you brush your teeth with the water from a sink with a filter on it. If you have to drink from only bottled water, you should only brush your teeth with bottled water, too.

**Draw a picture of yourself brushing your teeth!**



A doctor or dentist might paint your teeth with a tiny paintbrush. She is putting a special paint on your teeth called fluoride. This special fluoride paint will keep your teeth strong and healthy!

**Paint the teeth below in your favorite color!**



**Can you count how many teeth need to be painted? \_\_\_\_\_**

Do you help with cleaning the dishes at your house? You can still wash and dry the dishes and stay safe! Dishes will not soak up the lead in the water.



# WORD SEARCH

If you help with the laundry, your clothes are also safe. Lead will not soak into most clothes. If the water with lead in it does get into your clothes, it will not make you sick if the clothes touch your skin.

**Can you help find all the clothes that need to be washed?  
The words can be across, down, or even diagonal.**

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

DRESS	SHORTS
PAJAMAS	SKIRT
PANTS	SOCKS
SHIRT	UNDERWEAR

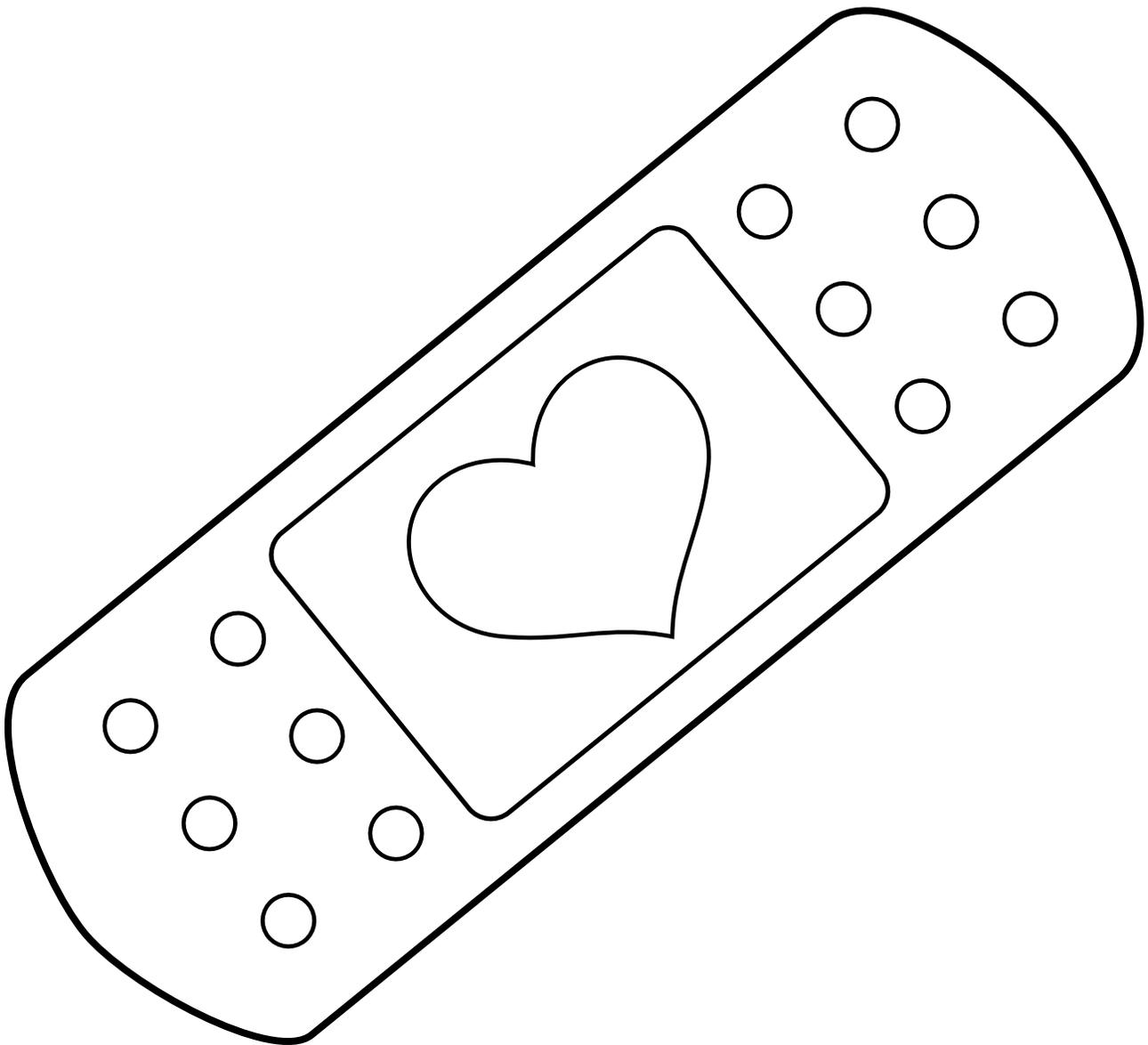


Sometimes if there is lead in the water, a grown-up may take you to the doctor to get a test. This test will measure how much lead is in your blood.



To take a blood test, a nurse may wrap a stretchy rubber band around your arm. It might feel like someone is squeezing your arm! The nurse will clean a part of your arm before taking a bit of your blood with a needle, or might just take a little bit from your fingertip. You will feel a tiny pinch, but it will be over quickly!

**Color a fun bandage to wear!**



You may have to visit the doctor again if your blood has lead in it. The doctor will tell you what to do to stay healthy!

Remember to only give your pet water that is safe for you to drink! Give your pet water from a sink with a filter or from bottled water.



Don't forget to put your toilet seat down, too!  
Make sure your pet doesn't drink from toilet  
water that is not safe to drink.

# SECRET MESSAGE

It can be super frustrating for you when there is lead in the water. Just make sure you stay healthy by drinking safe water. Talk to a grown-up if you need help!

**Decode the secret message to remember what to do if there is lead in the water.**

4   18   9   14   11

19   1   6   5

23   1   20   5   18



## KEY

7-G	14-N	21-U
1-A	8-H	15-O
2-B	9-I	16-P
3-C	10-J	17-Q
4-D	11-K	18-R
5-E	12-L	19-S
6-F	13-M	20-T
		22-V
		23-W
		24-X
		25-Y
		26-Z



# GREAT JOB!

\_\_\_\_\_  
(Your Name)

has learned so much about lead!

**If you are told there is lead in your water,  
remember to:**

- Only drink water from a sink with a filter on it or bottled water.
- Flush the pipes for 5 minutes every morning!
- Brush your teeth with bottled or filtered water.
- Make sure your pets only drink safe water, too!

**Here are a few things I learned:**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_







**U.S. Department of Health and Human Services**  
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