# Sample Social Media Posts for 2019 National Lead Poisoning Prevention Week

You can actively participate with HUD, EPA, and CDC to spread the word about National Lead Poisoning Prevention Week by sharing messaging on social media using the hashtags **#leadfreekids** and **#NLPPW2018** and tagging @HUDgov, @HUDHealthyHomes, @EPA, and/or @CDCgov to help mobilize individuals and communities to take action to reduce the risk of lead exposure in their environments.

This year HUD, EPA, and CDC will be posting social media messages corresponding to daily themes.

* Monday, October 21nd, 2019: How Do You Know if There is Lead in Your Home?
* Tuesday, October 22rd, 2019: Make Sure Children Have Safe Crawls
* Wednesday, October 23th, 2019: Speak to a Health Care Provider about Blood Lead Tests for Children
* Thursday, October 24th, 2019: Learn More about Your Drinking Water
* Friday, October 25th, 2019: Lead Information in Other Languages

You can retweet or share messages sent from these social media accounts, use the sample social media posts provided below corresponding to the daily themes, or write your own!

## Sample Social Media Posts Corresponding to Daily Themes

| Daily Theme | Twitter | Facebook |
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| **How Do You Know if There is Lead in Your Home?**  *Monday, October 21,2019* | Talk to your state or local health department about testing paint and dust in your home for lead. #NLPPW2019 #leadfreekids  <https://www.epa.gov/lead/understanding-inspection-risk-assessment-and-abatement> | Do you know if there is lead in your home? Talk to your state or local health department about testing paint and dust in your home for lead. #NLPPW2019 #leadfreekids  <https://www.epa.gov/lead/understanding-inspection-risk-assessment-and-abatement> |
| The National Lead Information Center provides information about lead, lead hazards, and preventing lead exposure. Call the toll-free hotline, 1-800-424-LEAD [5323]. #NLPPW2019 #leadfreekids  <https://www.epa.gov/lead/forms/lead-hotline-national-lead-information-center> | The National Lead Information Center provides information about lead, lead hazards, and preventing lead exposure. Call the toll-free hotline, 1-800-424-LEAD [5323], or visit the website. #NLPPW2019 #leadfreekids  <https://www.epa.gov/lead/forms/lead-hotline-national-lead-information-center> |
| Many homes built before 1978 contain lead paint. When lead paint gets old, it can start peeling and become a hazard. Find out more! #NLPPW2019 #leadfreekids  [https://www.epa.gov/lead/protect-your-family-exposures-lead#sl-home](https://www.epa.gov/lead/protect-your-family-exposures-lead" \l "sl-home) | Did you know many homes built before 1978 contain lead paint on both interior and exterior walls? When lead paint gets old, it can start to peel or come off in pieces and become a hazard. Find out more! #NLPPW2019 #leadfreekids  <https://www.epa.gov/lead/protect-your-family-exposures-lead#sl-home> |
| **Make Sure Children Have Safe Crawls**  *Tuesday, October 22rd, 2019* | Be sure to move children’s outdoor play areas away from bare soil and the sides of your home. Wet-mop floors and surfaces indoors often. #NLPPW2019 #leadfreekids  <https://www.epa.gov/lead/protect-your-family-exposures-lead#soil> | Did you know children’s hands and toys can pick up household dust or exterior soil contaminated by lead? Be sure to move children’s outdoor play areas away from bare soil and the sides of your home. Wet-mop floors and wet-wipe surfaces indoors often to reduce the risk of lead exposure! #NLPPW2019 #leadfreekids  <https://www.epa.gov/lead/protect-your-family-exposures-lead#soil> |
| Take off shoes when entering the house to prevent bringing lead-contaminated soil in from outside. #NLPPW2019 #leadfreekids  <https://www.epa.gov/lead/learn-about-lead#exposed> | Lead exposure is dangerous during early childhood development, particularly for children who crawl! Make sure to take off your shoes when entering the house to prevent bringing lead-contaminated soil in from outside. #NLPPW2019 #leadfreekids  <https://www.epa.gov/lead/learn-about-lead#exposed> |
| If you work near lead-based products, you can carry lead dust home on your clothes. Keep your family safe by learning more about ways to prevent bringing sources of lead exposure home!  <https://www.cdc.gov/niosh/topics/lead/safe.html> | If you work near lead-based products, you can carry lead dust home on your clothes. Keep your family safe by learning more about ways to prevent bringing sources of lead exposure home!  <https://www.cdc.gov/niosh/topics/lead/safe.html> |
| **Speak to a Health Care Provider about Blood Level Tests for Children**  *Wednesday, October 23, 2019* | Lead poisoning is preventable! A simple blood test can detect lead. Find out more from your state or local childhood lead poisoning prevention program! #NLPPW2019 #leadfreekids  <https://www.cdc.gov/nceh/lead/programs/default.htm> | Lead poisoning is preventable! A simple blood test can detect lead. Find out more from your state or local childhood lead poisoning prevention program! #NLPPW2019 #leadfreekids  <https://www.cdc.gov/nceh/lead/programs/default.htm> |
| There is NO known safe blood lead level. Act early and get your child tested! Blood lead tests are usually recommended for children at 12- and 24-months. Talk to your doctor or health care provider for more information. #NLPPW2019 #leadfreekids  <https://www.cdc.gov/nceh/lead/acclpp/blood_lead_levels.htm> | There is NO known safe blood lead level. Act early and get your child tested! Blood lead tests are usually recommended for children at 12- and 24-months. Talk to your doctor or health care provider for more information. #NLPPW2019 #leadfreekids  <https://www.cdc.gov/nceh/lead/acclpp/blood_lead_levels.htm> |
| **Learn more about your Drinking Water**  *Thursday, October 24, 2019* | You cannot see, taste, or smell lead in drinking water, but you can learn basic information about sources of lead in drinking water and suggestions for reducing exposure! #NLPPW2019 #leadfreekids  <https://www.epa.gov/ground-water-and-drinking-water/infographic-lead-drinking-water> | You cannot see, taste, or smell lead in drinking water, but you can learn basic information about sources of lead in drinking water and suggestions for reducing exposure! #NLPPW2019 #leadfreekids  <https://www.epa.gov/ground-water-and-drinking-water/infographic-lead-drinking-water> |
| Contact your local water authority for information about testing and identifying lead in your water! #NLPPW2019 #leadfreekids  <https://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water#findout> | Contact your local water authority for information about testing and identifying lead in your water! #NLPPW2019 #leadfreekids  <https://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water#findout> |
| **Lead Information in Other Languages**  *Friday, October 25, 2019* | Are you planning to buy or rent a home built before 1978? Make sure you receive a copy of Protect Your Family from Lead in Your Home. It’s available in multiple languages! #NLPPW2019 #leadfreekids  <https://www.epa.gov/lead/protect-your-family-lead-your-home-real-estate-disclosure> | Are you planning to buy or rent a home built before 1978? Make sure you receive a copy of Protect Your Family from Lead in Your Home. It’s available in multiple languages! #NLPPW2019 #leadfreekids  <https://www.epa.gov/lead/protect-your-family-lead-your-home-real-estate-disclosure> |
| Many lead information documents are available in multiple languages. #NLPPW2019 #leadfreekids  <https://www.epa.gov/lead/lead-safety-documents-and-outreach-materials> | Many lead information documents are available in multiple languages. #NLPPW2019 #leadfreekids  <https://www.epa.gov/lead/lead-safety-documents-and-outreach-materials> |