# Sample Social Media Posts for 2021 National Lead Poisoning Prevention Week

You can actively participate with HUD, EPA, and CDC to spread the word about National Lead Poisoning Prevention Week 2021 by sharing messaging on social media using the hashtags **#LeadFreeKids** and **#NLPPW2021** 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.

* September 2021: What Can I Do to Protect My Child From Lead?
* Monday, October 25th, 2021: Why Should I Be Concerned About Lead?
* Tuesday, October 26th, 2021: How Do I Know if There is Lead in My Home?
* Wednesday, October 27th, 2021: How Do I Know if There is Lead in My Drinking Water?
* Thursday, October 28th, 2021: How Do I Know if My Child Has Been Exposed to Lead?
* Friday, October 29th, 2021: How Can I Make Sure My Child Has Safe Crawls?

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!

There are also four images available for download that can be used when sharing messaging on social media.

## Sample Social Media Posts Corresponding to Daily Themes

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| **2021 Daily Theme** | **2021 Twitter** | **2021 Facebook** |
| **What Can I Do to Protect My Child From Lead?**  *Starting 9/10/2021 (6 weeks before)* | National Lead Poisoning Prevention Week is October 24-30, 2021. Follow @CDC, @HUD and @EPA over the next several weeks to learn more about #NLPPW2021 and how we can work together to reduce and/or prevent lead exposure and lead poisoning. <https://www.hud.gov/program_offices/healthy_homes/NLPPW> #LeadFreeKids | National Lead Poisoning Prevention Week is October 24-30, 2021. Follow @CDC, @HUD and @EPA to learn more about #NLPPW2021 and how we all can work together to reduce and/or prevent lead exposure and lead poisoning in children and adults.  Get the facts about lead and lead exposure and understand why getting your home and children tested is important to protect ourselves and our families from the effects of lead exposure.  Download NLPPW 2021 materials at: <https://www.hud.gov/program_offices/healthy_homes/NLPPW> |
| #DYK lead exposure and lead poisoning are preventable? You can take simple actions to protect your children and prevent them from coming into contact with lead before they are harmed. <https://www.cdc.gov/nceh/lead/default.htm> #NLPPW2021 #LeadFreeKids | #DYK lead exposure and lead poisoning are preventable? You can take simple actions to protect your children and prevent them from coming into contact with lead before they are harmed. <https://www.cdc.gov/nceh/lead/default.htm>#NLPPW2021 #LeadFreeKids |
| #DYK lead exposure and lead poisoning are preventable? You can take simple actions to protect you and your family and prevent them from coming into contact with lead before they are harmed. <https://www.hud.gov/program_offices/healthy_homes/outreach_materials_publications>#NLPPW2021 #LeadFreeKids | #DYK lead exposure and lead poisoning are preventable? You can take simple actions to protect you and your family and prevent them from coming into contact with lead before they are harmed. <https://www.hud.gov/program_offices/healthy_homes/outreach_materials_publications> #NLPPW2021 #LeadFreeKids |
| For more information about lead and protecting your family from lead in your home read the Protect Your Family pamphlet. Now available in 12 languages!  <https://www.epa.gov/lead/protect-your-family-lead-your-home-real-estate-disclosure> #NLPPW2021 #LeadFreeKids | For more information about lead, how lead gets into the body and affects health, and what you can do to protect your family read the Protect Your Family pamphlet.  Now available in 12 languages at <https://www.epa.gov/lead/protect-your-family-lead-your-home-real-estate-disclosure>. #NLPPW2021 #LeadFreeKids |
| Have a question about lead? Learn more at CDC's Lead FAQs page.  <https://www.cdc.gov/nceh/lead/faqs/lead-faqs.htm> | Have a question about lead? Learn more at CDC's Lead FAQs page.  <https://www.cdc.gov/nceh/lead/faqs/lead-faqs.htm> |
| Many pre-1978 homes contain lead-based paint. Check surfaces suspected of having lead-based paint regularly for deteriorating paint. #NLPPW2021 #LeadFreeKids <https://www.epa.gov/lead/protect-your-family-sources-lead#older> | Many homes built before 1978 contain lead-based paint. Reduce and prevent potential lead exposure by checking surfaces suspected of having lead-based paint regularly for deteriorating paint. #NLPPW2021 #LeadFreeKids <https://www.epa.gov/lead/protect-your-family-sources-lead#older> |
| No safe level of lead exposure in children has been identified. Lead exposure can seriously harm a child’s health and can cause learning and behavior problems. The good news is lead poisoning is preventable! #NLPPW2021 #LeadFreeKids  <https://www.cdc.gov/nceh/lead/prevention/infographic-lead-exposure.htm> | No safe level of lead exposure in children has been identified. Lead exposure can seriously harm a child’s health and can cause learning and behavior problems.  The good news is lead poisoning is preventable! #NLPPW2021 #LeadFreeKids  <https://www.cdc.gov/nceh/lead/prevention/infographic-lead-exposure.htm> |
| **Why Should I Be Concerned About Lead?**  *Monday, 10/25/2021* | #DYK no safe blood lead level has been identified for children? The good news is that childhood lead poisoning is preventable! Learn more at: <https://www.cdc.gov/nceh/lead/prevention/infographic-lead-poisoning-preventable.htm> #LeadFreeKids #NLPPW2021 | #DYK no safe blood lead level has been identified for children and even low levels of lead in the blood can have lifelong health impacts?  The good news is that childhood lead poisoning is preventable! Learn more at: <https://www.cdc.gov/nceh/lead/prevention/infographic-lead-poisoning-preventable.htm> #LeadFreeKids #NLPPW2021 |
| 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 into the home! #NLPPW2021 #LeadFreeKids  <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 into the home! #NLPPW2021 #LeadFreeKids  <https://www.cdc.gov/niosh/topics/lead/safe.html> |
| Lead has been used for a long time in a variety of products found in and around our homes. The good news is lead poisoning is preventable and you can start by learning more at: <https://www.epa.gov/lead/protect-your-family-sources-lead#products> #NLPPW2021 #LeadFreeKids | Lead has been used for a long time in a wide variety of products found in and around our homes, including paint, ceramics, pipes and plumbing materials, playgrounds, batteries, cosmetics, toys, imported candies, jewelry, and other products.  The good news is lead poisoning is preventable and you can start by learning more at: <https://www.epa.gov/lead/protect-your-family-sources-lead#products> #NLPPW2021 #LeadFreeKids |
| **How Do I Know if There is Lead in My Home?**  *Tuesday, 10/26/2021* | #DYK the only way to know if there is lead in your home is to test for the presence of lead in paint, dust and/or soil? Talk to your state or local health department about testing for lead and learn more at <https://www.epa.gov/lead/questions-and-answers-homeowners-and-renters-about-understanding-lead-inspections-risk>. #NLPPW2021 #LeadFreeKids | #DYK the only way to know if there is lead in your home is to test for the presence of lead in paint, dust and/or soil? Talk to your state or local health department about testing for lead.  Learn more about lead inspections, risk assessment and abatements at <https://www.epa.gov/lead/questions-and-answers-homeowners-and-renters-about-understanding-lead-inspections-risk>. #NLPPW2021 #LeadFreeKids |
| The National Lead Information Center provides information about lead, lead hazards, and preventing lead exposure. Contact them toll-free at 1-800-424-LEAD [5323] or <https://www.epa.gov/lead/forms/lead-hotline-national-lead-information-center> #LeadFreeKids #NLPPW2021 | The National Lead Information Center provides information about lead, lead hazards, and preventing lead exposure. Contact them toll-free at 1-800-424-LEAD [5323] or <https://www.epa.gov/lead/forms/lead-hotline-national-lead-information-center> #LeadFreeKids #NLPPW2021 |
| #DYK many homes built before 1978 contain lead-based paint on both interior and exterior walls? When lead-based paint gets old, it can start to peel or come off in pieces and become a hazard. Learn more at <https://www.epa.gov/lead/protect-your-family-sources-lead#older> #LeadFreeKids #NLPPW2021 | #DYK many homes built before 1978 contain lead-based paint on both interior and exterior walls? When lead-based paint gets old, it can start to peel or come off in pieces and become a hazard. Learn more at <https://www.epa.gov/lead/protect-your-family-sources-lead#older> #LeadFreeKids #NLPPW2021 |
| **How Do I Know if There is Lead in My Drinking Water?**  *Wednesday, 10/27/2021* | 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! #NLPPW2021 #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! #NLPPW2021 #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! #NLPPW2021 #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! #NLPPW2021 #LeadFreeKids  <https://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water#findout> |
| #DYK running your water before drinking or cooking can reduce potential lead exposure? Learn more about reducing lead in water at <https://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water#reducehome> | #DYK running your water before drinking or cooking can reduce potential lead exposure? Before drinking, flush your home’s pipes by running the tap, taking a shower, doing laundry, or a load of dishes.  The amount of time to run the water will depend on whether your home has a lead service line or not and the length of the lead service line. Residents should contact their water utility for recommendations about flushing times in their community. Learn more about reducing lead in water at <https://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water#reducehome> |
| **How Do I Know if My Child Has Been Exposed to Lead?**  *Thursday, 10/28/2021* | #DYK children with lead poisoning usually do not look or act sick? Ask your health care provider about getting your child tested. A blood lead test is the easiest way to know if your child has been exposed to lead. <https://www.cdc.gov/nceh/lead/prevention/blood-lead-levels.htm> #LeadFreeKids #NLPPW 2021 | #DYK children with lead poisoning usually do not look or act sick? Ask your health care provider about getting your child tested. A blood lead test is the easiest way to know if your child has been exposed to lead. <https://www.cdc.gov/nceh/lead/prevention/blood-lead-levels.htm> #LeadFreeKids #NLPPW 2021 |
| Lead poisoning is preventable! A simple blood test can detect lead. Find out more from your state or local childhood lead poisoning prevention program! #NLPPW2021 #LeadFreeKids <https://www.cdc.gov/nceh/lead/prevention/infographic-lead-poisoning-preventable.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! #NLPPW2021 #LeadFreeKids  <https://www.cdc.gov/nceh/lead/prevention/infographic-lead-poisoning-preventable.htm> |
| A little lead can cause BIG problems. Act early! Blood lead testing is required for children w/Medicaid at 1 and 2 years old and recommended for all at-risk children at these ages. Talk to your doctor for more information. #NLPPW2021 #LeadFreeKids <https://www.cdc.gov/nceh/lead/prevention/> | There is NO known safe blood lead level. Act early and get your child tested! Blood lead tests are required for all Medicaid-eligible children at 12- and 24-months. Testing all at-risk children at these ages is recommended. Talk to your doctor or health care provider for more information. #NLPPW2021 #LeadFreeKids  <https://www.cdc.gov/nceh/lead/prevention/default.htm> |
| **How Can I Make Sure My Child Has Safe Crawls?**  *Friday, 10/29/2021* | Preventing lead exposure in young children is important because as their bodies grow and develop, they are more vulnerable to the impacts of lead. We can start with a few actions at home, such as those in this worksheet  <https://www.epa.gov/sites/production/files/2020-10/documents/module_1_worksheet.pdf> #NLPPW2021 #LeadFreeKids | Preventing lead exposure in young children is especially important because as their bodies grow and develop, they are more vulnerable to the permanent and harmful impacts of lead. The overall health of our families will benefit if parents, grandparents, caregivers, and others start with a few actions at home to prevent lead exposure.  Start with the actions in this worksheet  <https://www.epa.gov/sites/production/files/2020-10/documents/module_1_worksheet.pdf> #NLPPW2021 #LeadFreeKids |
| Wiping and removing your shoes before entering the home can prevent you from bringing lead-contaminated soil in from outside and reduce potential exposure to lead. #NLPPW2021 #LeadFreeKids  <https://www.epa.gov/lead/protect-your-family-sources-lead#soil> | Lead exposure is dangerous during early childhood development, particularly for children who crawl! Make sure to wipe and remove your shoes when entering the home to prevent bringing lead-contaminated soil in from outside and also reduce potential exposure to lead. #NLPPW2021 #LeadFreeKids  <https://www.epa.gov/lead/protect-your-family-sources-lead#soil> |
| In many places across the US, significant numbers of children are still exposed to lead. This is due mainly to the different sources of lead in the environment and other risk factors. #NLPPW2021 #LeadFreeKids  <https://www.cdc.gov/nceh/lead/prevention/populations.htm> | In many places across the US, significant numbers of children are still exposed to lead. This is due mainly to the different sources of lead in the environment and other risk factors. #NLPPW2021 #LeadFreeKids  <https://www.cdc.gov/nceh/lead/prevention/populations.htm> |
| Have a question about lead? Learn more at CDC's Lead FAQs page. #NLPPW2021 #LeadFreeKids  <https://www.cdc.gov/nceh/lead/faqs/lead-faqs.htm> | Have a question about lead? Learn more at CDC's Lead FAQs page. #NLPPW2021 #LeadFreeKids  <https://www.cdc.gov/nceh/lead/faqs/lead-faqs.htm> |