

## Ways to Protect your Child

- Ø Do not let your child chew on painted surfaces or eat paint chips.
- Ø Keep your home clean and dust-free to keep lead in dust from spreading in your house.
- Ø Take off shoes or wipe them on a doormat before going inside to keep lead dust outside.
- Ø Cover bare dirt outside your home with plants, paving stone, bark or gravel.
- Ø Do not sand, dry scrape, power wash or sandblast paint unless it has been tested and does not contain lead. Lead paint removal must only be done by a professional.
- Ø Wash children's hands, toys and pacifiers often to remove dust.
- Ø Do not use imported, old or handmade pottery to store food or drinks.
- Ø If you work with lead in your job, change clothes and shoes and wash off before returning home.
- Ø Provide meals high in iron, vitamin C and calcium to help prevent the absorption of lead. Citrus fruits, green leafy vegetables, milk and cheese are good sources

# Protect your child from Lead

## Poisoning



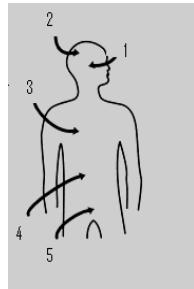
For more information on lead poisoning prevention, call the National Lead Information Center (NLIC) at **1-800-424-LEAD (5323)** or your local Childhood Lead Poisoning Prevention Program.

 Center for Environmental Health  
528 61<sup>st</sup> Street Suite A, Oakland, CA 94609  
T: 510 594 9864      F: 510 594-9863      [www.cehca.org](http://www.cehca.org)

## Where is Lead Found?

### Even at low levels lead can cause:

1. Hearing Problems
2. Brain and Nerve Damage
3. Stunted Growth
4. Digestive Problems
5. Reproductive Problems (in adults)



### How to tell if your child has lead poisoning

- Ø A child with lead poisoning may not look sick, but may experience:
- Stomachache
  - Poor Appetite
  - Hyperactivity
  - Headaches
- Ø A **blood lead test** must be done to determine if your child has lead poisoning. Young children that are eligible for Medi-Cal or other state-assisted health care can get free testing.

#### Ø Paint, Dust and Soil

The home is the number one source for childhood lead poisonings! Lead is found in paint inside and outside of homes built before 1978. If you live near a large road, the soil around your home may also contain lead from the residue of leaded gasoline.



#### Ø Water

Lead in water comes from lead leaching from leaded pipes, which were used until the 1980's.

#### Ø Mexican Chile and Tamarind Candies

Don't eat the following candies, which have consistently tested high for lead:



**Chaca Chaca**

**Bolirindo by Dulmex**

**Rollito de Tamarindo by Dumex**

**Lucas Limón** or other Lucas seasoning-style candies

#### Ø Painted Ceramics and Dishware

Lead in the glazes on imported ceramics can dissolve in food. Some Mexican bean pots have lead glaze and should not be used for cooking or storage.

#### Ø Some Traditional Medicines

Home remedy powders such as **Azarcón**, **Greta**, and **Payloohah** are made with lead and can cause lead poisoning.

#### Ø Lead at Work

If you work with lead in your job, you may be bringing it home on your clothes and shoes.