YOU CAN PREVENT LEAD POISONING

Get Tested for Lead:

- If your child is between 6 months to 6 years old, ask your doctor whether to test for lead.
- Children on public insurance programs should be tested at age 1 and 2.

Eat Healthy Foods:

- Good nutrition helps protect children from lead.
- ***Iron-rich foods:*** beans, raisins, cereals fortified with iron, lean meat, or fish
- ***Calcium-rich foods:*** milk, yogurt, cheese, dark-green vegetables, canned salmon, or tofu
- ***Vitamin C:*** fruits

Keep a Healthy House:

- Keep surfaces as clear as possible for easy cleaning.
- Use a wet mop for cleaning instead of dry sweeping to minimize the spread of dust.
- Use a vacuum that has a HEPA filter*.
- Wipe down window sills with mild detergent weekly.

* If you do not have a HEPA vacuum, use an allergen filter bag.

RESOURCES

Call (800) LA-4-LEAD:

- To get more information on lead, lead screenings, or lead test kits
- To get more information on other sources of lead, such as, imported spices, make-up, or jewelry
- To locate a licensed lead inspector
- To learn about lead safe work practices

Free & Low-Cost Health Services:

Children in low-income families may be eligible for free or low-cost medical check-ups, including a blood lead test. Call the numbers below for more information.

Medi-Cal	**(888) 747-1222**
Healthy Families	**(800) 880-5305**
Healthy Kids (First 5 LA)	**(888) 347-7855**
CHDP	**(800) 993-2437**
Access for Infants & Mothers (AIM)	**(800) 433-2611**
Public/Private Partnership Program (PPP)	**(800) 427-8700**
LA County Info Line	**211**

County of Los Angeles
Public Health
Childhood Lead Poisoning Prevention Program

1-800-LA-4-LEAD
(1-800-524-5323)
http://publichealth.lacounty.gov/lead

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Make Your Home Lead-Safe And Healthy For Children

Preventing Lead Poisoning is in Your Hands

LEAD IS A POISON

- Lead is a poison that can damage the brain, kidneys, liver, and other organs.
- Even small amounts of lead can cause learning problems and changes in behavior.
- Children under 6 years of age and pregnant women are at a higher risk.
- Children and adults with retained bullets are also at risk.

HOW DOES LEAD POISONING OCCUR?

- Lead poisoning is caused by eating lead or breathing lead dust.
- Since young children often put things in their mouths, they can also pick up lead-dust that can be dangerous.
- **Most of the time, lead poisoning has no symptoms. The only way to know is with a blood lead test.**
- Inside this brochure is information on how lead can get into our bodies.

LOOK INSIDE

1. TRADITIONAL REMEDIES

Some imported home remedies, such as Greta, Azarcon, or Ayurvedics, may contain lead.

- *Avoid using traditional remedies or spices that may contain lead.*
- *Call (800) LA-4-LEAD to receive a list of traditional remedies containing lead.*

2. CERAMICS

Many imported ceramic dishes or pottery are decorated with lead paint or glaze. Lead may get into the food or drink if you use these ceramic dishes/pots for cooking, serving, or storing.

- *Test imported dishware or pottery for lead before use.*
- *Call (800) LA-4-LEAD for more information on testing dishes & pottery.*

3. TOYS & JEWELRY

Toys made in other countries may have lead paint.

- *Discourage children from chewing on toys with painted surfaces.*
- *Wash children's toys often.*

4. SOIL

Lead from paint chips/dust, gasoline (smog) could have fallen into the dirt around your home.

- *Do not let children play with or eat bare soil.*
- *Cover bare soil with grass, wood chips, or cement.*
- *Use a doormat and clean often.*

5. ACTIVITIES THAT USE LEAD

Hobbies such as stain glass making, jewelry making, or fishing may use products containing lead.

- *Keep these items away from small children.*

6. WORK CLOTHES

Lead can be taken home if you work in jobs such as construction, painting, plumbing, or radiator repair.

- *If you can't shower at work, wash your hands, arms, face and neck thoroughly before leaving.*
- *Call (800) LA-4-LEAD on how to protect your family from lead.*

7. CHIPPING & PEELING Paint (Pre-1978 Homes)

Homes or apartments built before 1978 may have lead-based paint. Chipping or peeling paint may create dangerous dust that can affect your health.

Protect Children Before Repairs:

- Move beds, cribs, and play-pens away from peeling paint.
- Cover damaged paint with cloth tape or plastic sheets until repairs can be made.

Repair Flaking Paint:

- Wipe off small areas of loose paint with a damp sponge and paint over.
- Never dry scrape, dry sand, or burn off old paint
- Fix moisture problem to prevent peeling paint.
- Consider hiring professionals to deal with large areas of flaking paint.
- Repair old windows or doors.
- Never do renovation or painting while children are in the house.

Use Lead Safe Work Practices or Consider Checking Your Home for Lead:

- When doing renovations, assume your home contains lead paint and follow lead safe work practices. **Call (800) LA-4-LEAD** for more information on lead safe work practices.
- You may also consider testing your home for lead. **Call (800) LA-4-LEAD** to receive a sample lead test kit or to obtain a referral for Certified Lead Inspectors.

Make Your Home Lead-Safe and Healthy For Children

Adapted with permission of Consumer Action's Lead Poisoning Prevention Project