YOU CAN PREVENT LEAD POISONING

Get Tested for Lead:

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

Eat Healthy Foods:

Help protect your child with healthy meals and snacks. Each day give your child:

- ***Iron-rich foods:*** beans, cereals fortified with iron, lean meat, fish, tofu
- ***Calcium-rich foods:*** milk, yogurt, cheese, dark-green vegetables, canned salmon
- ***Vitamin C:*** oranges, tomatoes, limes, bell peppers, broccoli, berries

Keep Your Home Clean and Dust-Free:

- Wet mop floors instead of dry sweeping to stop the spread of dust
- Wet wipe window sills and other surfaces often
- Use a vacuum that has a HEPA filter. 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 testing
- To get more information on sources of lead, such as, imported spices, make-up, hobbies 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	(800) 578-6762
Healthy Kids	(888) 452-2273
CHDP	(800) 993-2437
Access for Infants & Mothers (AIM)	(800) 433-2611
Ability-to-Pay Plan (ATP)	(800) 378-9919
Covered California	(800) 300-1506
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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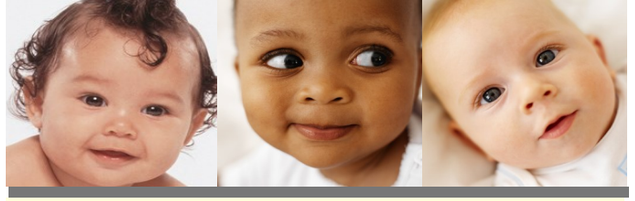
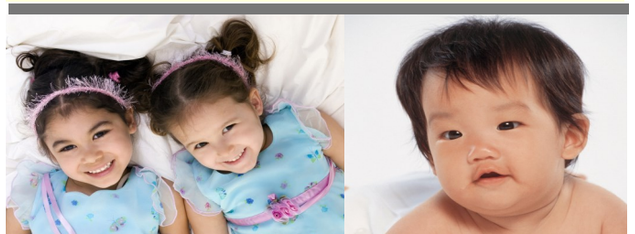


Make Your Home LEAD-SAFE and Healthy for Children

Preventing Lead Poisoning is in Your Hands



LEAD IS A POISON

- Lead can hurt the brain, kidneys, liver, and other organs
- Even small amounts of lead can cause learning problems
- Children under 6 years of age and pregnant women are at a higher risk for lead poisoning
- Children and adults with bullets or bullet pieces in their body 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

1. Dirt

Lead from paint chips/dust, or gasoline may be in bare dirt around your home.

- **Do not let children play with or eat dirt**
- **Cover bare dirt with grass, wood chips, or cement**
- Take off shoes or use a doormat

2. TRADITIONAL REMEDIES, COSMETICS AND POWDERS

Some traditional remedies, cosmetics and powders can have high levels of lead. Some Examples are: Greta, Azarcon, Pay-loo-ah, Surma, Kohl, Sindoor.

- **Talk to your doctor before using traditional remedies, cosmetics or powders**
- **Call (800) LA-4-LEAD** to receive a list of traditional remedies containing lead

3. CERAMICS

Some dishes and pots have lead in them. Dishes and pots more likely to have lead in them are older (pre-1970s), from a discount market or flea market, made of crystal, handmade, or made outside the USA. Lead may get into your food or drinks if you use these dishes or pots for cooking, serving, or storing food.

- **If you don't know whether your dishes or pots have lead, test them for lead before use. Test again if dishes become worn, chipped, or cracked**
- **Call (800) LA-4-LEAD** for more information on testing dishes and pottery

4. TOYS AND JEWELRY

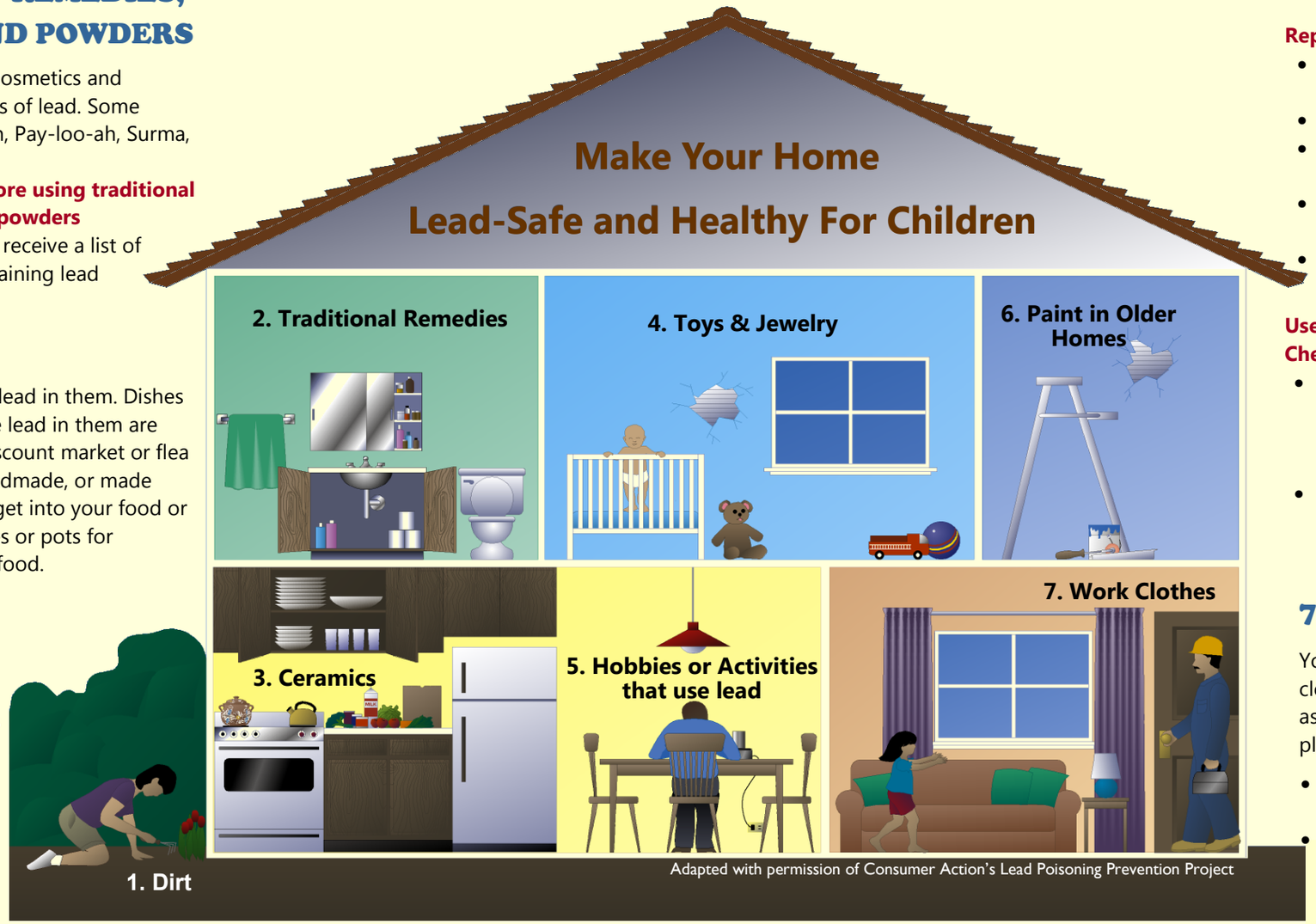
Some jewelry and toys have lead in them.

- **Don't let young children suck on or play with jewelry**
- **Keep children from putting toys in their mouth**
- Wash hands and toys often
- For young children, toys made of soft cloth or unpainted wood are best

5. HOBBIES OR ACTIVITIES THAT USE LEAD

Hobbies or activities such as stained glass making, jewelry making, hunting or fishing may use items containing lead.

- **Keep these items away from young children**



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

6. PAINT IN OLDER HOMES

Homes or apartments built before 1978 may have lead-based paint. The paint may be on the inside or outside of the building. Chipping or peeling paint is a danger.

Protect Children Before Repairs

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

Repair Peeling 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 any moisture problems to prevent peeling paint
- Consider hiring professionals to deal with large areas of peeling paint
- Keep children and pregnant women away from the work area

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

- When doing repairs, 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 get a list of Certified Lead Inspectors

7. WORK CLOTHES

You can bring lead home on your hands, face, work clothes, shoes, and in a car if you work in jobs such as battery manufacturing, melting lead, painting, plumbing, or radiator repair.

- **Change out of our work clothes and shoes at work before getting into a car or going home**
- **If you can't shower at work, wash your hands, arms, face and neck thoroughly before leaving**