Protect your child from LEAD

Taking Care of Your Child
Do not let your child chew on painted surfaces or eat paint chips. Some old paint has lead in it. When paint gets old, it breaks down into dust. This dust spreads all around your home.

Wash your child’s hands and toys often. Always wash hands before eating and sleeping. Lead dust and dirt can stick to hands and toys that children put in their mouths.

Feed your child healthy meals and snacks every day. Make sure to give your child vegetables, and foods with lots of:
- calcium (milk, yogurt, cheese, soy milk, spinach, calcium-enriched orange juice, low-fat custard, and corn tortillas)
- iron (beef, chicken, turkey, eggs, cooked dried beans, iron-fortified cereals, tofu, collards, kale, and mustard greens)
- vitamin C (oranges, tomatoes, limes, bell peppers, berries, papaya, jicama, and broccoli)
Calcium, iron and vitamin C help keep lead from hurting your child.

Avoid giving your child sweets. Some candies from Mexico, China, and other places outside the US have lead in them. Fresh fruits and vegetables, lean meats, and dairy products are healthier choices for your child.

Talk to your child’s doctor about testing for lead.
- The only way to know if your child has lead in his or her body is for your child to get a blood test for lead.
- Most children get tested at 1 and 2 years old. Some children over 2 also need to get tested.

Inside and Outside Your Home
Keep your home clean and dust-free. Wet mop floors, wet wipe windowsills, vacuum, and wash all surfaces often. Use household cleaner and rinse with clean water. This keeps lead in dust and dirt from spreading in the house.

Keep furniture away from paint that is chipped or peeling. Move cribs, playpens, beds and high chairs away from damaged paint. This helps keep lead in paint chips and dust away from your child.

Never sand, dry scrape, power wash or sandblast paint unless it has been tested and does not have lead in it. Lead dust from paint can spread and poison your family, pets, and neighbors.

Cover bare dirt outside where your child plays. Use grass or other plants, bark, gravel, or concrete. This keeps lead in the dirt away from your child.

Take off shoes or wipe them on a doormat before getting in a car or going home if you work with lead. Lead is in many workplaces: painting and remodeling sites, radiator repair shops, places that make or recycle batteries. Ask your employer to tell you if you work with lead. Children can be poisoned from lead dust brought home on skin, hair, clothes, and shoes, and in the car.

Change out of work clothes and shoes, and wash up or shower before getting in a car or going home if you work with lead. Make sure to wash hands before eating and sleeping.

Things you Buy and Use
Do not use dishes or pots made outside the U.S. for food or drinks. If you are not sure, do not use them. Some dishes and pots have lead in them.

Do not use imported products that may have lead in them, like:
- natural remedies — bright orange, yellow, or white powders for stomach ache or other illnesses
- make-up — Kohl, Khali, Surma, or Sindoor
- food or spices, like chapulines or turmeric.

These items have lead in them: keep them away from your child.
- fishing sinkers
- bullets
- supplies for making stained glass

More Information
Call your local Childhood Lead Poisoning Prevention Program to find out about testing your paint, pots, or dishes, or for other questions about childhood lead poisoning. For information online, go to www.cdph.ca.gov/programs/clppb

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Lead can be found in many places inside and outside your home.

Lead can hurt your child. Lead can harm a child’s brain. Lead poisoning can make it hard for children to learn, pay attention and behave. Most children who have lead poisoning do not look or act sick.

Take these steps to keep your family safe from lead.