您的房屋旧了，想重新油漆或整修吗？

保护家人不受铅害

凡是 1978 年前建造的房屋，油漆中都可能含铅。

请勿刮除或砂磨房屋的油漆，除非您知道其中不含铅。

刮除或砂磨旧油漆可能会产生危险的含铅粉尘

粉尘中的铅对幼儿会造成很大伤害，且可能导致铅中毒。铅会损及幼儿的脑部、神经和肾脏。铅中毒会造成幼儿学习困难、不能集中注意力及控制行为。

您和家人可能误吞或吸入铅尘

干燥条件下刮除或砂磨含铅油漆时，您可能会吸入铅尘。

周围的人也可能吸入这些铅尘。

空气中的铅尘可能掉落在食物和饮料中。

幼儿如果将沾染了铅尘的东西（例如玩具或自己的手）放入口中，铅尘就可能会进入他们的体内。

进行油漆的铅毒检验

要知道房屋油漆是否含铅，唯一的方法就是进行铅毒检验。

要了解检验的相关信息，请浏览 www.cdph.ca.gov/programs/CLPPB/Pages/LRCHomeLeadTest.aspx。

保护家人安全且不受铅害

聘请加州政府认证的铅质专家。这些承包商受过特别训练，可为您的房屋进行铅毒检验并安全地去除铅质。若要寻找认证的铅质专家，请浏览 www.cdph.ca.gov/programs/CLPPB/Pages/LRCHireProf.aspx ，或致电 **1-800-597-LEAD (5323)**。

虽然只有加州政府认证的铅质专家可以找到并去除房屋的铅质，但凡是您雇用的房屋修缮承包商，皆须接受美国环保局 (U.S. Environmental Protection Agency) 的核可培训，以确保他们在工作中不会散播铅尘。若要寻找受过这类基本训练的承包商，请浏览 http://cfpub.epa.gov/flpp/searchrrp_firm.htm 或致电 **1-800-424-LEAD (5323)**。

若您不打算雇用承包商，请依下列步骤处理含铅的工作：

工作以前

- 移除工作区域所有可移除的东西，如块毯、窗帘、家具、玩具、衣服、鞋子、食物和饮料。
- 在工作区域内外贴上耐用的塑料厚布。遮盖地面、大型家具、游戏设施，以及周围区域 (如草地或混凝土地) 的表面。
- 关闭暖气或空调。
- 用胶带贴住地面、天花板或墙壁的通气孔。

- 在通往工作区的门口贴上塑料布制的门帘。
- 穿上工作服。这类衣服必须与其他衣服分开放。

工作期间

- 不要让儿童和怀孕妇女接近工作区域。
- 在砂磨和刮除油漆之前及工作期间，请以喷雾瓶将水雾喷在所有工作表面。
- 避免将铅尘带离工作区域：
  - 请勿穿着工作服和鞋子离开工作区域。
  - 脱掉工作服和鞋子并洗手，然后才坐在家具上、与孩子玩耍、碰触玩具或其他物体。
- 切勿在工作区域内吃喝或抽烟。脱掉工作服和鞋子、洗手并离开工作区域，然后才去吃喝或抽烟。

工作以后

- 每天清理工作区域。
  - 使用喷雾瓶将水雾喷在漆片上。小心将塑料布向内折迭，并放入可紧封的袋子。若油漆中含铅，请将袋子拿到您当地的家庭危险废弃物计划：www.dtsc.ca.gov/hazardouswaste/universalwaste/hhw.cfm。
  - 使用水和多功能清洁剂清理架子、柜台、地面和其他表面。
- 脱掉工作服和鞋子，并放入袋子。洗衣时必须将这些工作服与其他衣物分开洗。
- 工作完成后立刻淋浴并洗头。
- 在您清理工作区域以前，请勿让孩子或怀孕妇女靠近工作区域。

若您认为孩子或其他家人曾接触过铅，请找医生为他们检验是否有铅中毒情形。

若要了解关于孩童铅中毒的详情，请浏览 www.cdph.ca.gov/programs/clppb 或致电 **1-510-620-5600**。

CHILDHOOD LEAD POISONING PREVENTION BRANCH

CDPH

Simplified Chinese

Repainting or Fixing Up Your Older Home?

Protect Your Family from Lead Poisoning

Homes built before 1978 may have lead in the paint.

Do not scrape or sand paint on your home unless you know it does not have lead in it.

Scraping and sanding old paint can create dangerous lead dust

Lead in dust is very harmful to young children and can cause lead poisoning. Lead can harm the brain, nerves, and kidneys of a young child. Lead poisoning can make it very hard for a young child to learn, pay attention, and behave.

You and your family can swallow or breathe in lead dust

You can breathe in lead dust while dry scraping or sanding. Others nearby can breathe it in too.

Lead dust in the air can fall down into your food and drinks.

Lead dust can get into your child's body when they put things in their mouth that have lead dust on them, like their toys or hands.

Have your paint tested for lead

The only way to know if your home has lead in the paint is to have it tested. For information about testing, go to www.cdph.ca.gov/programs/CLPPB/Pages/LRCHomeLeadTest.aspx.

Keep your family safe from lead

Hire a CA State Certified lead professional. These contractors are specially trained to test for lead in your home and safely remove it. To find a certified lead professional, go to www.cdph.ca.gov/programs/CLPPB/Pages/LRCHireProf.aspx or call **1-800-597-LEAD (5323)**.

While only CA State Certified lead professionals can find and remove lead from your home, all contractors hired for home repairs must get U.S. Environmental Protection Agency approved training to keep lead from spreading while they work. To find a contractor with this basic training, go to http://cfpub.epa.gov/flpp/searchrrp_firm.htm or call **1-800-424-LEAD (5323)**.

If you do not plan to hire a contractor, follow these tips to help contain lead dust while you work:

Before you work

- Remove everything you can from the work area, like rugs, curtains, furniture, toys, clothes, shoes, food, and drinks.
- Tape down heavy plastic sheeting for both inside and outside jobs. Cover the floor, big furniture, play structures, and nearby outside surfaces, like grass or concrete.

- Turn off the heater or air conditioner.
- Tape plastic over vents in the floor, ceiling, or walls.
- Make a curtain by taping plastic sheeting over the doorway to the work area.
- Put on work clothes and keep them separate from all other clothes.

While you work

- Keep children and pregnant women away from the work area.
- Use a spray bottle to mist all surfaces with water before and during sanding and scraping.

- Avoid tracking lead dust away from the work area:
  - Do not leave the work area in your work clothes and shoes.
  - Take off work clothes and shoes and wash your hands before sitting on furniture, playing with children, or touching toys or other objects.
- Do not eat, drink or smoke in the work area. Take off work clothes and shoes, wash your hands, and leave the work area before eating, drinking, or smoking.

After you work

- Clean up the work area daily.
  - Use a spray bottle to mist paint chips. Carefully fold plastic sheeting inward and place in a tightly sealed bag. If your paint has lead in it, take the bag to your local household hazardous waste program: www.dtsc.ca.gov/hazardouswaste/universalwaste/hhw.cfm.
  - Use water and an all-purpose cleaner to clean the shelves, counters, floors, and other surfaces.

- Remove work clothes and shoes and store them in a bag. Wash work clothes separately from the rest of your family's laundry.
- Shower and wash your hair as soon as you finish working.
- Do not let children or pregnant women into the work area until you have cleaned it up.

If you think that your child or other family member has been around lead, ask your doctor to test for lead poisoning.

For more information on childhood lead poisoning, go to www.cdph.ca.gov/programs/clppb or call **1-510-620-5600**.

CHILDHOOD LEAD POISONING PREVENTION BRANCH

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