**LEARN ABOUT**

**Lead in Folk Remedies**

Protect Your Family from Lead Poisoning

**WHAT ARE FOLK REMEDIES?**

Folk remedies are also known as home remedies or traditional, folk, natural or herbal medicine. Folk remedies are used around the world and are very common in different ethnic and cultural groups. Folk remedies can have herbs, minerals, metals, or animal products in them. Lead and other heavy metals may be put into some folk remedies because these metals are thought to help some health problems. Lead and other heavy metals can also get into folk remedies during grinding, coloring, from the package, or if the ingredients are grown in soil that has lead in it.

**CAN LEAD IN FOLK REMEDIES HURT MY CHILD?**

Lead can hurt your child or unborn baby. Lead can make it hard for children to learn, pay attention and behave.

**HOW DO I KNOW IF A FOLK REMEDY HAS LEAD IN IT?**

You cannot tell by looking at or tasting a folk remedy if it has lead in it. Many folk remedies have a lot of lead in them, so even small amounts of these remedies can hurt your child.

**HOW DO I KNOW IF MY CHILD HAS LEAD POISONING?**

Most children with lead poisoning do not look or act sick. The only way to know if your child has lead poisoning is to get a blood test for lead. If you think your child has taken a folk remedy that has lead in it or you don't know, ask your doctor to test your child for lead.

**WHERE CAN I FIND MORE INFORMATION ON FOLK REMEDIES CONTAINING LEAD?**

State of California Department of Public Health Childhood Lead Poisoning Prevention Branch [https://www.cdph.ca.gov/programs/CLPPB](https://www.cdph.ca.gov/programs/CLPPB)

Centers for Disease Control & Prevention [http://www.cdc.gov/ncbddd/kidshot.htm](http://www.cdc.gov/ncbddd/kidshot.htm)

**WHAT ARE COMMON FOLK REMEDIES THAT CONTAIN LEAD?**

- **Greta and Azarcon** (also known as Alaran, Coral, Laigo, Maria Luisa, or Rueda) are fine powders used in Latino cultures for upset stomach and other illnesses. The powders are often yellow, orange and/or red and have been found to contain up to 90% lead.

- **Kohl and Surma** are black powders used in South Asian and Middle Eastern cultures mainly as a cosmetic, but also on the navel of a newborn child and as a medicine to treat skin infections.

- **Sindoor** is an orange-red powder typically used by the Asian Indian community.

- **Pay-loo-ah** is a red powder used in Southeast Asian countries to treat children with rash or high fever.

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Pej Xeem Cov Tshuuaj Kho Hlau Lead

Tiv Thaiv Koj Tsev Neeg Ntawm Hlau Lead Lom

www.cdph.ca.gov/programs/CLPPB

Phau ntawv no yog tsim ua los ntawm Cheeb Nroog Orange CLPPP hauv koj zos

KAWM TXOG

Xav paub ntxiv, mus rau los yog hu rau qhov rau cov av uas muaj hlau lead txuam nrog. Txuam muaj hauv hnab ntim los yog cov tshuaj coj xeeb xeem cov tshuaj kho thaum lub caij lawv zom, zas, lwm hom hlau muaj zog nyob rau hauv pej meem kab mob kev nkeeg. Muaj taus cov hlau lead muaj zog txuam rau pej cov hlau lead kvi hauv koj zos.

Pej Xeem Cov Tshuuaj Kho Hgog Dab Tsis?

Pej xeeb cov tsuuaj kho jox cov kev kho nyob toj tawm toj yog los yog cov kev ho cai kai koi, cov xeeb zom cov tawm muaj jox cov tsuuaj txuam koj. Yej xu pej xeeb cov tsuuaj kho thob hauv mtjg mbp thiab loog pmjg cov tsuuaj zog pgaw nrog neeg thiab cov haav neeg txawv. Pej xeeb cov tsuuaj kho muaj cov tsuuaj txuam, tsuuaj qhauv, cov hlaav los yog cov khoom tsaij txhu txuam nrog. Yuav meeg cov tsuuaj lead thiab hm bmu cov hmb gmb muaj jox txuam rau pej xeeb cov tsuuaj kho vhm lwm xav xev cov hlaav no yuav pab tae qee cov teeb nmb kov mob kev nkeeg. Mum cov cov tsuuaj lead thiab hm bmu hmb gmb muaj jox ngaq hauv pej cov xeeb cov tsuuaj kho thum lub caij lawv zom, zas, txuam muaj hauv nhab atm los yog cov tshuaj coj rau cov tsuuaj lead txuam.

COV HLAU LEAD HAUL PEJ XEEM COV TSHUAJ KHO PUAU US MOAB TAU RAK YUTUS F S NYEUAM?

Cov hlau lead yuav ua muob tao rau koi ngaq xeeb los yog tog kev me nyuam xeeb haav puab. Cov hlau lead yuav ua kev me nyuam ngaq kev kev kwam, txewb xev los yog coj nyew.

KUV YUAV UA LI CASTHAIJ PAUB TIS PEJ XEEM COV TSHUAJ KHO MUAIJ HLAU LEAD TXUAM?

Yog koj sib los sis pej xeeb cov tsuuaj kho jox yej tsis muaj cov tsuuaj lead txuam nrog, graw cov tshuuaj no me me xwb los yog jox uas muaj rau koi jox tu me nyuam.

California Taem Tewv Tshawb Pej Xeeb Koj Nqj Qh Haab Tue Fob Tiv Thaiv Me Nyuam Raug Hlau Lead Lom (Childhood Lead Poisoning Prevention Program (CLPPP)) hauv koj zoa

KUV YUAV LA LI CASTHAIJ PAUB TIS KUV TUS ME NYEUAM RAUG HLAU LEAD LOM?

Feen ntaww nsem cov me nyuam uas rau khoo hlau lom tais zoa l nhog neeg meb los yog moyu moyu. Tib troj kev kom pau txais koi jox tu me nyuam puas raug hlau lead lom ces yog nyuam ntxwv. Yog koj txais koi jox tu me nyuam rau pej xeeb jox yam thob kho uas muaj cov hlau lead txuam ning laww, lo koi jox tua puab, hauv koj koj tua hauv koj moob hlau lead nsem cov hlau lead kvi moob koi jox tu me nyuam.

Pej Xeem Cov Tshuuaj Kho Towy Yog Cov Nqjaj Muaj HLAU LEAD TXUAM?

• Geeta thibh Aazeeen (puaw bes jox puap hau hau xa Alavon, Gorji, Lujri, Maria Luisa, lox yog Bundu) yog cov hmoov muo zos loo sivam cov Neeg, Mev Latino rau kev mob plab thiab hauv koj mib.

Feen ntaww cov muog yuav yuav, dyi lahth zoi los yog lab thob thiab pum tis rau txawv nrog 90% hlau lead txuam rau.

Kohl thibh Surma yoga cov hmoov dub siv los meen cov Neeg, Eizazu Sab Tqj Tbis thibh cov Neeg Neab Neab Nirk Hiab Hjau Tqj sa taub txim nqo okzas, taym sis puaw bes jox phev lub puj ntaws nsem cov me nyuam yog tabab thibh thiab sv uas thujb hao nthj jox tu paab.

Sindoor yog yh yam hmoov dyi dia hauv naqag siv los meen cov Neeg Marj Eaxias.

• Pay-loo-ah yog yh thob yam hmoov dub siv los meen cov Neeg, Eizazu Sab Tqj Tbis thibh cov Neeg Neab Neab Nirk Hiab Hjau Tqj sa taub txim nqo okzas.

Feen ntaww cov me nyuam yuav yuav, dyi lahth zoi los yog lab thob thiab pum tis rau txawv nrog 90% hlau lead txuam rau.

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