IS YOUR CHILD AT RISK FOR LEAD POISONING?

CHECK FOR LEAD IN AND AROUND YOUR HOME:

- **Paint:** Move your child’s things away from and safely repair chipping paint.
- **House Dust:** Wet wipe or mop surfaces to remove dust and dirt. Do not let your child chew on windowsills or other surfaces.
- **Bare Dirt:** Cover bare dirt outside where your child plays.
- **Vinyl Mini-Blinds:** Replace old vinyl mini-blinds and do not let your child chew on them.

- **Plumbing Materials:** Tap water is more likely to have lead if plumbing materials, including solder or service lines, contain lead. Reduce potential exposure to lead in tap water by running water until it feels cold and only drawing from the cold tap for cooking, drinking, or baby formula (if used).
- **Water From Wells:** The only way to know if your water has lead is to have it tested.

Learn more about water testing: [www.epa.gov/lead/protect-your-family-exposures-lead#testdw](http://www.epa.gov/lead/protect-your-family-exposures-lead#testdw)

- **Dishes, Pots, & Water Crocks:** Avoid using dishes, pots, and water crocks that are worn or antique, from a discount or flea market, made of crystal, handmade, or made outside the USA unless they have been tested and don’t have lead.

- **Food & Spices:** Avoid imported foods and brightly colored spices that might have lead in them, like chapulines and turmeric.
- **Candies:** Avoid recalled candies: [www.cdph.ca.gov/Programs/CEH/DFDCS/Pages/FDB Programs/FoodSafetyProgram/LeadInCandy.aspx](http://www.cdph.ca.gov/Programs/CEH/DFDCS/Pages/FDB Programs/FoodSafetyProgram/LeadInCandy.aspx)

- **Traditional Make-Up & Traditional Remedies:** These products often have lead in them: surma, azarcon, greta, pay-loo-ah. Talk to your doctor before using these or other traditional make-up or remedies (e.g., brightly colored powders, traditional Chinese or Ayurvedic remedies).

- **Toys:** Check toys for peeling paint and wash them often. Old or vinyl toys are more likely to have lead.
- **Avoid recalled toys:** [www.cpsc.gov](http://www.cpsc.gov)
- **Jewelry:** Do not let your child suck on or play with jewelry.
  Learn more: [https://dtsc.ca.gov/toxics-in-products/lead-in-jewelry/](https://dtsc.ca.gov/toxics-in-products/lead-in-jewelry/)

- **Lead Fishing Sinkers & Lead Bullets:** Do not let your child touch lead fishing sinkers or lead bullets or casings.
- **Lead Solder:** Keep your child away from activities that use lead solder, like welding, or stained glass or jewelry making.

- **Take-Home Lead:** Avoid taking lead home from work or hobbies. If you work with lead, change out of work clothes and shoes and wash up before getting in your car or going home.
- **Home Repair/Improvement Projects:** Do not scrape or sand paint on your home unless you know your paint does not have lead in it.

For more information, go to [www.cdph.ca.gov/programs/clppb](http://www.cdph.ca.gov/programs/clppb), or contact:

[CDPH](http://www.cdph.ca.gov/programs/clppb/)

[Childhood Lead Prevention Branch](http://www.cdph.ca.gov/programs/clppb/)

8/19 EN - Urdu
کیا آپ کا بچہ سیسے کی زہر آلودگی کے خطرے کی زد میں ہے؟

ابنے گھر میں اور اس کے آس پاس سیسے چکر لیں۔

www.cdph.ca.gov/programs/clppb

مزید معلومات کیلئے،
پہلے اپنے مقامی چٹنی بٹ میں سیسے برپا کرنے کا کام کریں: (Childhood Lead Poisoning Prevention Program)