Making Your Home Lead-Safe for Your Child

California Department of Public Health
Childhood Lead Poisoning Prevention Branch

CDPH
California Department of Public Health

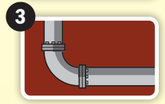
10 Tips for Reducing Lead Sources at Home:

1. 

Peeling or deteriorated paint in older homes: Wet-mop and wet-wipe house dust, and be sure to wash your child's hands and toys often. Keep cribs and other children's toys away from window sills or peeling paint. Use lead-safe work practices to repair your home. If your home was built before 1978, lead in your paint may get into your dust. Lead dust may also be tracked into the home from soil contaminated by leaded gasoline or industrial emissions.

2. 

Bare dirt outside: Cover bare dirt where children play with grass, plants, bark, or gravel.

3. 

Plumbing containing lead/ lead pipes or fixtures: 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).*

4. 

Work clothes and shoes if household members work with lead: If you work with lead, change out of work clothes and shoes and wash up before getting in your car or going home. Some jobs and hobbies involving lead include battery recycling, construction, stained glass making, and time spent at a shooting range.

5. 

Some foods and spices: Avoid imported foods and especially brightly colored spices brought to the U.S. from other countries by family and friends, such as chapulines, turmeric, khmeli suneli, or dried chili powder.

* **Water saving tip:** Collect your running water and use it to water plants not intended for eating.

6. 

Some ceramic dishware: Avoid using dishes, pots, or water crocks that are worn or antique, from a discount or flea market, handmade, or made outside of the U.S., unless they have been tested and don't have lead.

7. 

Traditional remedies, cosmetics, or ceremonial powders. Talk to your doctor if you use Ayurvedic or Chinese medicines, remedies like Azarcon, Greta, Paylooah, or other traditional remedies, or traditional cosmetics like Kohl, Surma, or Sindoor. These items may have lead.

8. 

Some candy: Avoid giving your child sweets. Some candies from outside the U.S. may have lead, especially those with dried chili or tamarind. Fresh fruits and vegetables and lean meats are healthier choices.

9. 

Some toys, jewelry, and other objects: Keep jewelry out of your child's hands and mouth. Check toys for peeling paint and wash them often. Old or vinyl toys are more likely to have lead. Avoid recalled items: www.cpsc.gov.

10. 

Bullets and fishing sinkers: Do not let your child touch lead fishing sinkers or lead bullets or casings. Always wash up after handling these items.

For more information about childhood lead poisoning prevention, visit go.cdph.ca.gov/LeadFreeKids **or contact:**

Kev Ua Kom Koj Tus Me Nyuam Muaj Kev Nyab Xeeb Ntawm Txhuas Nyob Hauv Koj Lub Tsev

California Lub Chaw Tuav Dej Num Saib Xyuas Pej Xeem Txoj Kev Noj Qab Nyob Zoo Lub Chaw Tiv Thaiv Kom Me Nyuam Yaus Tsis Txhob Raug Txhuas Lom

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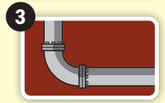
10 Lub Tswv Yim Los Txo Cov Khoom los sis Chaw Uas Muaj Txhuas Nyob Hauv Tsev:

1 

Cov tsev qub uas cov xim tev los sis puas zuj zus lawm: Siv tus pas txhuam tsev thiab cov ntaub so ub no uas ntub coj los txhuam tej plaus plav, thiab nco ntsoov ntxuav koj tus me nyuam ob txhais tes thiab cov khoom ua si. Tsis txhob muab cov txaj mos ab thiab lwm cov khoom rau me nyuam yaus ua si coj mus tso ze ntawm cov qhov rais los sis cov xim uas tev. Siv cov kev kho tsev uas yuav tsis siv txhuas coj los kho koj lub tsev. Yog koj lub tsev yeej yog ib lub uas ua tiav ua ntej xyoo 1978, cov txhuas nyob hauv koj cov xim yeej poob tau mus rau ntawm tej plaus plav. Neeg yeej nqa tau mus txhuas los mus rau hauv tsev yog lawv mus tsuj cov av uas muaj txhuas vim muaj cov roj khiav tsheb uas muaj txhuas nyob hauv (leaded gasoline) los sis vim muaj cov chaw ua khoom uas muaj txhuas.

2 

Cov av nyob raum zoov: Siv nyom, txiag ntoo, tawv ntoo, los sis qe pob zeb coj los npog cov av uas cov me nyuam yaus mus dhia ua si.

3 

Cov kav dej los sis khoom tso dej uas muaj txhuas: Qhib dej kom txog thaum hnov twb cov dej txias txias lawm thiab tsuas siv dej txias ntawm tus kais dej txias coj los ua noj, haus, los sis tov mis rau me nyuam noj (yog hais tias siv) coj los txo kom tsis txhob muaj cov txhuas nyob hauv cov dej tso ntawm kais dej los nkag mus rau hauv lub cev.*

4 

Cov khaub ncaws thiab khau ua hauj lwm yog tsev neeg muaj cov neeg uas ua hauj lwm nrog txhuas: Yog koj ua hauj lwm nrog txhuas, hloov cov khaub ncaws thiab khau ua hauj lwm thiab yaug cev los sis ntxuas tes ntxuav taw ua ntej yuav nkag mus rau hauv koj lub tsheb los sis ua ntej yuav mus tsev. Ib cov hauj lwm thiab kev ua tej cov khoom tus kheej nyiam uas siv txhuas yeej yog suav cov chaw uas muab cov roj teeb qub coj mus ua dua tshiab, cov chaw muaj kev tsim tsa, cov av uas muab xim tso rau (stained glass), thiab lub sij hawm thaum mus tua phom nyob ntawm ib lub chaw tua phom.

5 

Khoom noj thiab txuj lom: Tsis txhob noj cov khoom noj uas ua nyob txawv teb chaws thiab cov txuj lom muaj xim tshiab tshiab uas tsev neeg thiab tej phooj ywg nqa lwm cov teb chaws los, zoo li cov kooj kib, hmoov qhiav daj, khmeli suneli, los sis cov hmoov kua txob.

* **Tswv yim pab kom tsis txhob siv dej ntau:** Cug cov dej uas koj tso kom txog thaum hnov cov dej twb txias txias lawm los sis sov sov lawm thiab muab siv coj mus ywg cov nroj tsuag uas tsis yog khoom noj.

6 

Tej cov tais diav uas siv av puab: Tsis txhob siv cov tais diav, lauj kaub, los sis taub dej uas twb yaig yaij lawm los sis yog khoom qub, uas yuav ntawm cov khw muaj khoom qub los sis khw tshav puam, uas yog cov siv tes ua, los sis tsis yog cov ua nyob hauv Teb Chaws Meskas, tshwj hais tias koj twb muab cov khoom ntawd coj mus kuaj tag lawm thiab yeej pom hais tias tsis muaj txhuas.

7 

Cov tshuaj kho mob, tshuaj pleev plhu, los sis tshuaj pleev rau kev ua kab li kev cai. Nrog koj tus kws kho mob tham yog koj yeej siv Ayurvedic los sis tshuaj Suav, cov tshuaj kho mob zoo li Azarcon, Greta, Paylooah, los sis lwm yam tshuaj uas cov laus yeej ib txwm siv, los sis cov tshuaj pleev phlu uas cov laus yeej ib txwm siv zoo li Kohl, Surma, los sis Sindoor. Tej zaum cov khoom ntawm no yeej muaj txhuas nyob hauv.

8 

Khoom qab zib: Tsis txhob muab cov khoom qab zib rau koj tus me nyuam noj. Ib txhia khoom qab zib uas tsis yog ua nyob hauv Teb Chaws Meskas yeej muaj txhuas nyob hauv, tshwj xeeb tshaj yog cov uas muaj hmoov kua txob los sis txiv quav miv (tamarind). Txiv hmab txiv ntoo thiab cov zaub uas tsis yog qhuav thiab cov nqaij ntshiv thiaj li yog cov khoom noj uas yuav zoo tshaj rau lub cev.

9 

Khoom ua si, khoom coj kom zoo nkauj zoo nraug, thiab lwm yam khoom: Tsis txhob pub koj tus me nyuam kov thiab muab cov khoom coj kom zoo nkauj zoo nraug ntsaws rau hauv qhov ncauj. Txheeb cov khoom ua si saib puas pom muaj xim tev thiab nquag muab ntxuav. Cov khoom ua si uas qub los sis yog cov uas siv vinyl uas yog cov uas ntxim yuav muaj txhuas. Tsis txhob siv cov khoom uas lub tuam txhab ua yam khoom ntawd yeej tau tshaj tawm kom muab xa rov qab es tsis txhob siv: www.cpsc.gov.

10 

Mos txwv thiab cov qe txhua dai hlua nuv ntses: Tsis txhob pub koj tus me nyuam mus kov cov qe txhuas daim hlua nuv ntses los sis cov mos txwv los sis plov tooj txhuas. Nco ntsoov ntxuav tes tom qab kov cov khoom ntawm no.

Yog xav paub ntau tshaj qhov no hais txog kev tiv thaiv kom me nyuam yaus tsis raug txhuas lom, mus xyuas ntawm go.cdph.ca.gov/LeadFreeKids **los sis hu xov tooj mus rau:**