

Making Your Home Lead-Safe for Your Child



California Department of Public Health
Childhood Lead Poisoning Prevention Branch



10 Tips for Reducing Lead Sources at Home:

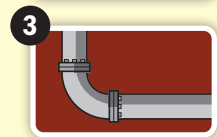


1 Peeling or deteriorated paint in older homes: Wet-mop and wet-wipe house dust, and be sure to wash your child's hands

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.

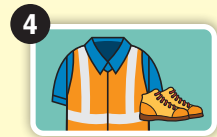


2 Bare dirt outside: Cover bare dirt where children play with grass, plants, bark, or gravel.



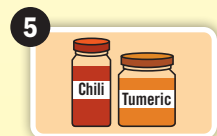
3 Plumbing containing lead/lead pipes or fixtures: Reduce potential exposure to lead in tap water by running water until it

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, Paylooh, 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:



为您的孩子打造无铅家居



加州公共卫生局儿童铅中毒预部门



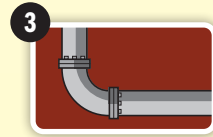
减少家中铅源的 10 个技巧：



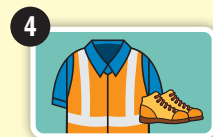
1 老房子的油漆剥落或变质：用湿拖把和湿抹布清除房屋灰尘，并确保经常清洗孩子的手和玩具。将婴儿床和其他儿童玩具远离窗台或剥落的油漆。使用无铅安全的施工方法来修复您的房屋。如果您的房屋建于 1978 年之前，油漆中的铅可能会进入灰尘中。受含铅汽油或工业排放污染的土壤中也可能会含有铅尘，并被带入家中。



2 外面裸露的泥土：在孩子们玩耍的地方用草、植物、树皮或碎石覆盖裸露的泥土。



3 含铅的管道/铅管或水管装置：放水至感觉冷为止，并且在做饭、饮用或婴儿配方奶粉（如果使用）时仅使用冷水龙头，以减少接触自来水中的铅的可能性。*



4 如果家庭成员从事与铅相关的工作，则应穿着工作服和鞋子：如果您从事与铅相关的工作，请在上车或回家之前换下工作服和鞋子并洗手洗脸。一些涉及铅的工作和爱好包括电池回收、建筑、彩色玻璃制作和在射击场度过时光。



5 一些食物和香料：避免食用进口食品，尤其是家人和朋友从其他国家带入美国的颜色鲜艳的香料，如 chapulines（蚱蜢）、姜黄、khmeli suneli，或干辣椒粉。



*** 节水技巧：**收集自来水并用它来浇灌非食用植物。



6 一些陶瓷餐具：避免使用破旧或古董、从折扣市场或跳蚤市场买来的、手工制作的或美国以外生产的盘子、锅或水罐，除非它们已经过测试并且不含铅。



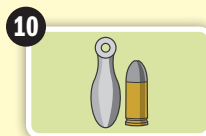
7 传统疗法、化妆品或礼仪粉末。如果您使用阿育吠陀 (Ayurvedic) 或中药、阿扎康 (Azarcon)、格蕾塔 (Greta)、佩鲁阿 (Paylooah) 等疗法或其他传统疗法，或使用 科尔 (Kohl)、科利 (Khali) 或西诺 (Sindoor) 等传统化妆品，请咨询您的医生。这些物品可能含有铅。



8 一些糖果：避免给孩子吃糖果。一些来自美国以外的糖果可能含有铅，尤其是含有干辣椒或罗望子成分的糖果。新鲜水果、蔬菜和瘦肉是更健康的选择。



9 一些玩具、首饰和其他物品：不要让首饰进入孩子的手或嘴里。检查玩具是否有油漆剥落并经常清洗。旧玩具或乙烯基玩具更可能含有铅。避免购买召回产品，网站：www.cpsc.gov。



10 子弹和钓鱼坠：不要让您的孩子接触铅制钓鱼坠或铅弹或弹壳。处理完这些物品后务必洗手洗脸。

有关儿童铅中毒预防的更多信息，请访问 go.cdph.ca.gov/LeadFreeKids 或联系：