

Making Your Home Lead-Safe for Your Child



California Department of Public Health
Childhood Lead Poisoning Prevention Branch



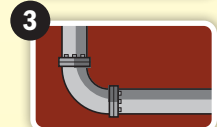
10 Tips for Reducing Lead Sources at Home:



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, 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.

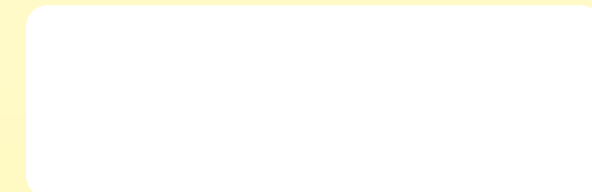


9 Some toys, jewelry, and other objects: Keep jewelry out of your child's hands and mouth. Check toys for peeling paint and wash them often. Old or vinyl toys are more likely to have lead. Avoid recalled items: www.cpsc.gov.



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:



讓您的家對您的孩子來鉛安全

加州公共衛生局兒童鉛中毒預防處



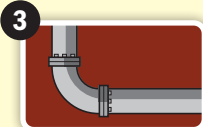
減少家庭鉛來源的 10 個技巧：



1 老房子的油漆剝落或退化：用濕拖把和濕擦布清除室內灰塵，並務必經常清洗孩子的手和玩具。讓嬰兒床和其他兒童玩具遠離窗台或剝落的油漆。使用鉛安全的工作做法修復您的房屋。如果您的房屋建於 1978 年之前，油漆中的鉛可能會進入灰塵。鉛塵也可能透過含鉛汽油或工業排放污染的土壤進入家中。



2 外面裸露的泥土：用草、植物、樹皮或礫石覆蓋孩子玩的裸露泥土。



3 含有鉛的管道/鉛管或固定裝置：透過流水直到手感覺變冷，並且在烹飪、飲用或嬰兒配方奶粉（如果使用）時僅才從冷水龍頭中取水，以減少自來水中鉛的潛在接觸。*



4 家庭成員從事含鉛工作時穿著的工作服和鞋子：如果您的工作涉及鉛，請在上車或回家之前換掉工作服和鞋子並清洗乾淨。一些涉及鉛的工作和愛好包括電池回收、建築、彩色玻璃製造以及在射擊場度過時光。



5 一些食物和香料：避免進口食品，尤其是家人和朋友從其他國家帶到美國的顏色鮮豔的香料，例如荳蔻、薑黃、乾香料或乾辣椒粉。

*** 節水秘訣：**收集自來水並用它來澆灌不適合食用的植物。



6 一些陶瓷餐具：避免使用來自折扣市場或跳蚤市場的手工製作的或在美國境外製造的破舊或古董的盤子、鍋或水缸，除非它們已經過檢測並且不含鉛。



7 傳統療法、化妝品或儀式用粉末。如果您使用阿育吠陀或中藥、阿扎康 (Azarcon)、格蕾塔 (Greta)、佩魯阿 (Paylooah) 等療法或其他傳統療法，或科爾 (Kohl)、科利 (Khali) 或西諾 (Sindoor) 等傳統化妝品，請諮詢您的醫生。這些物品可能含有鉛。



8 一些糖果：避免給孩子吃糖果。來自美國以外的一些糖果可能含有鉛，尤其是那些含有乾辣椒或羅望子的糖果。新鮮水果和蔬菜以及瘦肉是更健康的選擇。



9 一些玩具、首飾和其他物品：讓首飾遠離孩子的手和嘴。檢查玩具是否有油漆剝落並經常清洗。舊玩具或乙烯基玩具更有可能含有鉛。避免召回的物品：www.cpsc.gov。



10 子彈和釣魚墜：不要讓您的孩子接觸鉛製釣魚墜或鉛製子彈或外殼。處理這些物品後一定要清洗。

有關兒童鉛中毒預防的更多資訊，請訪問 go.cdph.ca.gov/LeadFreeKids 或聯絡：