**Taking Care of Your Child**

Do not let your child chew on painted surfaces or eat paint chips. Some old paint has lead in it. When paint gets old, it breaks down into dust. This dust spreads all around your home.

- **Wash your child’s hands and toys often.** Always wash hands before eating and sleeping. Lead dust and dirt can stick to hands and toys that children put in their mouths.
- **Feed your child healthy meals and snacks every day.** Make sure to give your child fruit and vegetables with every meal, and foods that have:
  - Calcium (milk, plain yogurt, almond milk, soy milk, spinach, kale, tofu, cheese, calcium-fortified cereals)
  - Iron (beef, chicken, turkey, eggs, cooked dried beans, almonds, cashews, peanuts, pumpkin seeds, potatoes, oatmeal)
  - Vitamin C (oranges, tomatoes, tomatillos, limes, bell peppers, purple cabbage, papaya, jicama, and broccoli)

   Calcium, iron and vitamin C help keep lead from hurting your child.

Avoid giving your child sweets. Some candies from outside the USA have lead in them. Fresh fruit and vegetables, lean meats, whole grains and dairy products are healthier choices for your child.

Talk to your child’s doctor about testing for lead.

**Inside and Outside Your Home**

Let water run until it feels cold (usually at least 30 seconds) before using it for cooking or drinking. Always use water from the cold tap for cooking, drinking, or baby formula (if used). If water needs to be heated, draw water from the cold water tap and heat the water on the stove or in a microwave.

Keep your home clean and dust-free. Wet mop floors, wet wipe windowills, vacuum, and wash all surfaces often. This keeps lead in dust and dirt from spreading in the house.

Keep furniture away from paint that is chipped or peeling. Move cribs, playpens, beds and high chairs away from damaged paint. This helps keep lead in paint chips and dust away from your child.

Never sand, dry scrape, power wash or sandblast paint unless it has been tested and does not have lead in it.

There may also be lead in the dirt around your home from the past use of lead in gasoline and in factories.

Cover bare dirt outside where your child plays. Use grass or other plants, bark, gravel, or concrete. This keeps lead in the dirt away from from your child.

Take off shoes or wipe them on a doormat before going inside. This keeps lead in dirt outside.

Change out of work clothes and shoes, and wash up or shower before getting in a car or going home if you work with lead. Lead is in many workplaces:

- Painting and remodeling sites
- Radiator repair shops
- Places that make or recycle batteries

Ask your employer to tell you if you work with lead. Children can be poisoned from lead dust brought home on skin, hair, clothes, and shoes, and in the car.

**Things you Buy and Use**

Avoid using water crocks or dishes and pots 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.

Do not let your child put jewelry or toys in his or her mouth. Some jewelry and toys have lead in them. There is no way to tell if there is lead in jewelry and toys. Even items marked “Lead Free” can have lead in them.

Talk to your doctor before using imported products that often have lead in them, like:

- Natural remedies — bright orange, yellow, or white powders for stomach ache or other illnesses

- Make-up — Kohl, Khalil, Sutma, or Sindoor

- Food or spices, like chaupulines or turmeric

These items have lead in them — keep them away from your child:

- Lead fishing sinkers
- Lead bullets
- Lead solder

**More Information**

Go to [www.cdph.ca.gov/programs/clppb](http://www.cdph.ca.gov/programs/clppb) or contact:

**CDPH**

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CHILDHOOD LEAD POISONING PREVENTION

尽量不要让你的孩子吃糖果及甜食，一些产自美国境外的糖果中含有铅，新鲜的水果和蔬菜、瘦肉、全谷类和乳制品对您的孩子的健康有益。
请与孩子的医生请用有关铅中毒检验的事项。

房子内外
打开水龙头让水流动，直到感觉到有冷水流出来（通常至少30秒），才用煮沸或使用蒸气除水，或者冲洗儿童的玩具（如果使用）。务必用冷水龙头的水，如果需要加热，请从冷水龙头中接水，然后放在炉子上或微波炉中加热。
保持家中清洁无尘。经常拖地、擦拭窗台、台面及墙壁，使房间保持干净。

把家具放在远离油漆、油漆和防护漆的处所，避免让婴儿坐、婴儿围栏、床、婴儿等处。

维生素C(桔子、番茄、芒果、酸橙、甜椒、紫甘蓝、木瓜、豆薯和西兰花)
钙、铁和维生素C能保护您的孩子不受铅害。

保护您的孩子
不要让孩子啃咬油漆的表面或吃下油漆碎片。有些旧漆中含铅，旧的油漆会转化为含有铅的灰尘。这种灰尘将散播您家中的各个角落。

钙（牛奶、原味酸奶、杏仁牛奶、豆浆、豆浆、肉类和奶制品、豆类和奶酪）

铁（牛肉、鸡肉、火鸡肉、鸡蛋、煮熟的豆类、杏仁、腰果、花生、南瓜、土豆）

维生素C(桔子、番茄、芒果、酸橙、甜椒、紫甘蓝、木瓜、豆薯)