**Protec your child from LEAD**

**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.

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 windowsills, 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 cross, 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 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, Khol, Surma, or Sindoor
- food or spices, like chapulines 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.cdphe.ca.gov/programs/cdpbb or contact [Contact Information]

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保護好您的孩子

不要讓孩子們顛倒了吃飯的正確順序，有些孩子甚至在吃早點時，會先吃糖果。這些糖果可能含鉛，影響孩子的健康成長，甚至影響他們的學習能力。所以，讓孩子們有規律地吃飯，是非常重要的。

正確的飯菜顺序如下：

1. 先喝牛奶，再吃水果，最後再吃飯。
2. 先吃蔬菜，再吃肉類，最後再吃輔食。
3. 先吃粗糧，再吃細糧，最後再吃甜點。

房內外

當孩子們玩耍時，請確保他們的房間乾淨衛生，經常開窗換氣，保持空氣流通。減少孩子接觸到鉛的機會。

房內外

1. 定期清潔地板和家具，減少鉛的懸浮。
2. 防止孩子接觸到含鉛的物品，如油漆、鉛花等。
3. 鼓勵孩子多吃蔬菜和水果，減少鉛的攝入量。

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請採取下列步驟，保護您的家人不受鉛害。

1. 嚴禁使用含鉛水銀製品，如油漆、水泥等。
2. 防止孩子接觸到含鉛的物品，如油漆、鉛花等。
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