

Protect Your Child from Lead



Lead can hurt your child.

Lead poisoning can make it hard for children to learn, pay attention, and behave. Most children who have lead poisoning do not look or act sick.

Take these steps to keep your family safe from lead.

Lead Inside and Outside Your Home

Keep lead dust and dirt from spreading in the house by wet washing surfaces like windowsills and floors often and removing shoes before entering your home.



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. The use of lead-based paint was not banned until 1978.



Lead can get into your water from lead-lined or galvanized pipes. To reduce risk of lead in water, let water run until it feels cold before using it for cooking, drinking, or baby formula (if used). If water needs to be heated, use cold tap water and heat it on the stove or in a microwave.



Lead air emissions from sources like leaded aviation gas, factories, and the past use of lead in gasoline may be in the air or dirt around your home.

Consider using air purifiers with a HEPA filter. Cover bare dirt outside where your child plays with grass or other plants, bark, gravel, or concrete. This keeps lead in the dirt away from your child.



If you work with lead, change out of work clothes and shoes, and wash up or shower before getting in a car or going home.

Lead is in many workplaces:

- Painting and remodeling
- Radiator repair
- Battery recycling
- Shooting ranges



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

Lead in 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.



Keep jewelry away from children. Some jewelry has lead. Even items marked "Lead Free" can have lead in them.

Talk to your doctor before using imported products that can have lead in them such as:

- **Home remedies:** brightly colored powders for stomachache or other illnesses
- **Make-up and ceremonial powders:** Kohl, Khali, 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



Taking Care of Your Child

Ask your child's doctor for a blood lead test at one and two years old if your child is in a program such as Medi-Cal, WIC¹, Head Start, or other similar programs. If your child is not in one of these programs, ask your child's doctor about their risk of lead exposure.



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.

¹WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children

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, yogurt, cheese, soy milk, spinach, corn tortillas
- **Iron:** Beef, chicken, eggs, turkey, dried beans, iron-fortified multi-grain cereals, tofu, collards, kale, mustard greens
- **Vitamin C:** Oranges, tomatoes, limes, bell peppers, berries, papaya, broccoli



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

For more information, visit go.cdph.ca.gov/LeadFreeKids or contact:



Tiv Thaiv Kom Tus Me Nyuam Ntawm Txhuas



Txhuas yeej ua tau kom koj tus me nyuam muaj mob.

Muaj txhuas ntau nyob hauv lub cev yeej ua tau kom cov me nyuam yaus kawm tau ub tau no nyuaj, tsis mloog neeg hais lus, los sis koj cwj pwm tsis zoo. Cov me nyuam yaus uas muaj txhuas ntau nyob hauv lawv lub cev feem ntau yeej tsis muaj dab tsi qhia hais tias lawv muaj mob los sis yeej tsis koj cwj pwm zoo li ib tus neeg muaj mob li.

Ua raws nraim li cov kauj ruam ntawm no los mus tiv thaiv koj tsev neeg ntawm txhuas.

Cov Txhuas Nyob Hauv Koj Lub Tsev thiab Nyob Nraum Zoov

Nquag ntxuav cov chaw zoo li tej qhov rais thiab hauv pem teb thiab hle khau ua ntej yuav nkag mus rau hauv koj lub tsev los ua kom tsis txhob muaj hmoov txhuas thiab hmoov av nyob hauv lub tsev.



Tsis txhob muab tej rooj tog tso ze ntawm cov xim uas tawg los sis tev. Muab cov txaj mob ab, cov chaw ua si, txaj, thiab cov rooj rau me nyuam zaum tso deb ntawm cov xim uas twb puas tag lawm. Qhov no yeej pab ua kom koj tus me nyuam mus nyob tsis tau ze cov xim uas tawg thiab ua hmoov.

Tsis txhob siv cov ntawv xuab zeb koj los txhuam, ib yam dab tsi koj los tshum, ib lub tshuab tsuag dej koj los ntxuav, los sis ib lub tshuab tua xuab zeb koj los tua kom ib cov xim tev kiag li tshwj hais tias koj twb muab cov xim koj mus kuaj tag lawm thiab yeej pom hais tias tsis muaj txhuas nyob hauv. Tsoom fwv yeej tseem pub neeg siv cov xim uas muaj txhuas nyob hauv los mus txog thaum xyoo 1978.



Txhuas yeej nkag tau ntawm cov kav dej uas yog txhuas los sis cov kav dej uas yog hlau. Yog yuav txo kom tsis txhob muaj txhuas nyob hauv cov dej, qhib tus kais dej thiab cia dej los mus txog thaum twb hnov cov dej txias txias lawm es mam li muab ce koj mus ua noj, haus, los sis tov mis rau me nyuam noj (yog siv). Yog yuav siv dej kub, ce cov dej txias koj mus rhaub ntawv qhov cub los sis hauv ib lub microwave.



Cov pa txhuas ntawm cov chaw zoo li cov roj ya dav hlau uas muaj txhuas, cov chaw ua khoom, thiab cov roj khiav tsheb yav tag los uas muaj txhuas yeej ua rau muaj hmoov txhuas nyob ntawm tej huab cua los sis cov av uas nyob ib ncig ntawm koj lub tsev.

Siv cov tshuab lim cua uas siv ib daim ntxaij HEPA koj los lim kom cov pa los sis cua tsis txhob muaj txhuas. Siv nyom los sis lwm yam nroj tsuag, tawv ntoo, qe pob zeb, los sis xim mas koj los npog cov av nyob nraum zoov uas koj tus me nyuam ua si. Qhov no yeej pab ua kom cov txhuas nyob hauv cov av tsis txhob nkag tau rau hauv koj tus me nyuam lub cev.



Yog koj ua hauj lwm nrog txhuas, hloov cov khaub ncaws thiab khau ua hauj lwm thiab ntxuav tes los sis da dej ua ntej yuav nkag mus rau hauv koj lub tsheb los sis ua ntej yuav mus tsev.

Ntau ntau lub chaws ua hauj lwm yeej muaj txhuas:

- Chaw tha xim thiab kho vaj kho tsev
- Chaw kho lub taub dej ntawm tsheb (radiator)
- Chaw txais los sis muab cov roj teeb qub koj mus ua dua tshiab
- Chaw tua phom



Nug koj lub chaw hauj lwm saib puas yog koj ua hauj lwm nrog txhuas. Cov hmoov txhuas uas lo ntawm tej tawv nqaij, plaub hau, khaub ncaws thiab khau, thiab nyob hauv lub tsheb yeej nkag tau mus rau hauv cov me nyuam yaus lub cev.

Cov Txhuas Nyob Hauv Cov Khoom Uas Koj Yuav thiab Siv

Tsis txhob siv cov taub dej uas yog siv av koj los puab los sis cov tais diav thiab lauj kaub 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 koj mus kuaj tag lawm thiab yeej pom hais tias tsis muaj txhuas.



Muab cov khoom koj kom zoo nkauj zoo nraug koj mus khaws cia deb ntawm cov me nyuam yaus. Muaj tej cov khoom uas koj kom zoo nkauj zoo nraug yeej muaj txhuas nyob hauv. Txawm hais tias ib cov khoom yeej muaj lo lus hais tias “Lead Free (Tsis Muaj Txhuas)” nyob rau ntawd los, cov khoom ntawd yeej muaj txhuas tau.

Nrog koj tus kws kho mob tham ua ntej yuav siv ib cov khoom ua txawv teb chaws tua uas ntxim yuav muaj txhuas nyob hauv zoo li:

- **Cov tshuaj npaj hauv tsev:** cov hmoov muaj xim tshiab tshiab uas siv thaum mob plab los sis muaj lwm yam mob
- **Cov hmoov pleev ntsej muag thiab pleev ua kab lis kev cai:** Kohl, Khali, Surma, los sis Sindoor
- **Khoom noj los sis txuj lom:** zoo li cov kooj kib los sis qhiav daj

Cov khoom ntawm no yeej muaj txhuas nyob hauv — muab khaws cia deb ntawm koj tus me nyuam:

- Cov qe txhuas dai hlua nuv ntses
- Cov mos txwv txhuas
- Tus pab cam txhuas



Saib Xyuas Koj Tus Me Nyuam

Hais kom koj tus me nyuam tus kws kho mob xa koj tus me nyuam mus kuaj ntshav saib puas muaj txhuas nyob hauv nws cov ntshav thaum nws muaj hnub nyoog ib xyoos thiab ob xyoos yog koj tus me nyuam yeej siv cov kev pab cuam zoo li Medi-Cal, WIC¹, Head Start, los sis lwm cov kev pab cuam zoo li no. Yog koj tus me nyuam yeej tsis siv cov kev pab cuam ntawm no, nug koj tus me nyuam tus kws kho mob saib koj tus me nyuam puas ntxim yuav muaj txhuas nyob hauv nws lub cev.



Tsis txhob pub koj tus me nyuam tom cov chaw los sis khoom uas muaj xim los sis noj cov xim uas tawg. Tej cov xim qub yeej muaj txhuas nyob hauv. Thaum cov xim qub lawm, nws yeej txawj pauv mus ua hmoov. Cov hmoov ntawm no yeej cia li poob mus rau txhua qhov chaw hauv koj lub tsev.

Nquag ntxuav koj tus me nyuam ob txhais tes thiab cov khoom ua si.

Ntxuav tes txhua zaug ua ntej thaum yuav noj ib yam dab tsi los sis ua ntej thaum yuav mus pw. Hmoov txhuas thiab hmoov av yeej lo tau rau ntawm ob txhais tes thiab cov khoom ua si uas cov me nyuam yaus yuav muab ntsaws rau hauv lawv lub qhov ncauj.



Muab cov zaub mob thiab cov khoom txom ncauj uas yuav zoo rau lub cev rau koj tus me nyuam noj txhua hnub. Nco ntsoov muab txiv hmab txiv ntoo thiab zaub rau koj tus me nyuam noj txhua zaus thaum nws noj mov, thiab muab cov khoom noj uas muaj:

- **Calcium:** Mis nyuj, yogurt, tshij (cheese), kua taum, zaub spinach, ncuav pob kws (corn tortillas)
- **Iron:** Nqaij nyuj, nqaij qaib, qe, nqaij qaib cov txwv, taum qhuav, cov cereal muaj iron, kua taum paj, zaub collards, zaub kale, zaub ntsuab
- **Vitamin C:** Txiv kab ntxwv, txiv lws suav, txiv qaub, kua txob loj, txiv pos (berries), txiv taub ntoos, zaub pob cos (broccoli)



Calcium, iron, thiab tshuaj vitamin C yeej pab ua kom txhuas tsis txhob ua tau kom koj tus me nyuam muaj mob.

Yog xav paub ntau tshaj qhov no, mus xyuas ntawm go.cdph.ca.gov/LeadFreeKids los sis nug mus rau:



¹WIC yog qhov kev pab cuam hu ua Special Supplemental Nutrition Program for Women, Infants, and Children