

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:



保护您的孩子 免受铅侵害



铅可能会伤害您的孩子。

铅中毒会使儿童学习困难、注意力不集中和行为举止不佳。大多数铅中毒的儿童看起来或表现得并不生病。

采取这些措施可以保证您的家人免受铅的危害。

家里和家外的铅

经常用湿布擦洗窗台和地板等表面并在进屋前脱鞋，以防止铅尘和污垢在屋内扩散。



让家具远离有碎裂或剥落的油漆。将婴儿床、游戏围栏、床和高脚椅移离受损的油漆。这有助于防止油漆碎片和灰尘中的铅接触到您的孩子。

切勿打磨、干刮、高压水冲洗或喷砂喷漆除非已经过检测，且不含铅。直到 1978 年，含铅涂料的使用才被禁止。



铅可以通过铅衬管或镀锌管进入您的水中。为了降低水中铅的风险，在用于烹饪、饮用或婴儿配方奶粉（如果使用）之前，请让水流动直至感觉冷。如果需要加热水，请使用冷自来水并在炉子上或微波炉中加热。



来自含铅航空汽油、工厂以及过去使用含铅汽油等来源的铅空气排放可能会存在于您家周围的空气或土壤中。

考虑使用带有 HEPA 过滤器的空气净化器。用草或其他植物、树皮、碎石或混凝土覆盖孩子玩耍的室外裸露泥土。这样可以减少灰尘中的铅远离您的孩子。



如果您从事与铅相关的工作，请换下工作服和鞋子，并在上车或回家之前洗手或淋浴。许多工作场所都含有铅：

- 油漆和改造
- 散热器维修
- 电池回收
- 射击场



询问您的雇主您是否从事与铅相关的工作。带回家的铅尘污染在儿童的皮肤、头发、衣服、鞋子以及汽车上，可能会导致儿童中毒。

您所购买和使用的物品中的铅

避免使用破旧或古董、折扣市场或跳蚤市场出品、水晶制品、手工制作或美国境外制造的水罐或盘子和锅 除非它们已经过检测并且不含铅。



请将首饰放在儿童接触不到的地方。有些首饰含有铅。即使标有“无铅”的物品也可能含有铅。

在使用可能含铅的进口产品之前请咨询您的医生，例如：

- 家庭疗法：用于治疗胃痛或其他疾病的亮色粉末
- 化妆和礼仪粉末：科尔 (Kohl)、科利 (Khali)、苏马尔 (Surma) 或西诺 (Sindoor)
- 食物或香料：如蚱蜢或 姜黄

这些物品含有铅——让您的孩子远离：

- 铅垂坠
- 铅弹
- 铅焊料



照顾您的孩子

如果您的孩子参加了 Medi-Cal（加州医疗补助计划）、WIC¹、Head Start（开端计划）或其他类似项目，请要求孩子的医生在一岁和两岁时对其进行血铅检测。如果您的孩子没有参加这些项目之一，请向您的孩子的医生询问他们接触铅的风险。



不要让孩子啃咬油漆表面或吃掉油漆碎片。一些旧油漆含有铅。油漆老化后会破裂化为尘土。这灰尘四处散布您的家。

经常清洗孩子的手和玩具。吃饭和睡觉前务必洗手。铅尘和污垢会粘附在手上以及儿童放入嘴里的玩具上。



每天给孩子提供健康的膳食和零食。确保每餐都给孩子提供水果和蔬菜，以及含有以下成分的食物：

- 钙：牛奶、酸奶、奶酪、豆浆、菠菜、玉米饼
- 铁：牛肉、鸡肉、鸡蛋、火鸡、干豆、强化铁的杂粮谷物、豆腐、羽衣甘蓝、芥菜
- 维生素 C：橙子、西红柿、酸橙、甜椒、浆果、木瓜、西兰花



钙、铁和维生素 C 有助于防止铅伤害您的孩子。

如需了解更多信息，请访问
go.cdph.ca.gov/LeadFreeKids
或联系：



¹WIC 是针对妇女、婴儿和儿童的特殊补充营养计划