

# 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, WIC<sup>1</sup>, 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.

<sup>1</sup>WIC 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](https://go.cdph.ca.gov/LeadFreeKids) or contact:



# 保護您的孩子 遠離鉛



鉛會傷害您的孩子。

鉛中毒會使兒童難以學習、集中注意力和循規蹈矩。大多數鉛中毒兒童看起來或表現得沒有生病。

採取這些步驟，讓您的家人遠離鉛。

## 住家內外的鉛

經常濕洗窗台和地板等表面，並在進入家中之前脫掉鞋子，以防止鉛塵和污垢在房屋內擴散。



讓家具遠離碎裂或剝落的油漆。將嬰兒床、嬰兒圍欄、床和高腳椅移離受損的油漆。這有助於讓油漆碎片和灰塵中的鉛遠離您的孩子。

切勿打磨、乾刮、強力清洗或噴砂漆 除非經過檢測且不含鉛。直到 1978 年，含鉛塗料的使用才被禁止。



鉛可以透過襯鉛管道或鍍鋅管道進入水中。為了降低水中鉛的風險，在將水用於烹飪、飲用或嬰兒配方奶粉（如果使用）之前，先讓水流至手感覺變冷。如果需要加熱水，請使用冷自來水並在爐子上或微波爐中加熱。



來自含鉛航空汽油、工廠以及過去在汽油中使用鉛等來源的鉛空氣排放可能存在於您家周圍的空氣或泥土中。

考慮使用有 HEPA 過濾器的空氣清淨機。用草或其他植物、樹皮、礫石或混凝土覆蓋孩子玩耍的戶外裸露的泥土。這可以使泥土中的鉛遠離您的孩子。



如果您從事含鉛工作，請在上車或回家之前換掉工作服和鞋子，並清洗或淋浴。

許多工作場所都含有鉛：

- 油漆和翻新
- 散熱器維修
- 電池回收
- 射擊場



詢問您的雇主您的工作是否涉及鉛。兒童可能會因皮膚、頭髮、衣服、鞋子帶回家的以及車內的鉛塵而中毒。

## 您購買和使用的物品中含有鉛

避免使用來自折扣市場或跳蚤市場、由水晶製成、手工製作或在美國境外製造的破舊或古董的水罐或餐具和鍋具，除非它們已經過檢測且不含鉛。



讓珠寶遠離兒童。有些珠寶含有鉛。即使是標有「無鉛」的物品也可能含有鉛。

在使用可能含有鉛的進口產品之前先諮詢您的醫生，例如：

- 家庭療法：顏色鮮豔的粉末治療胃痛或其他疾病
- 化妝和禮儀粉：科爾 (Kohl)、科利 (Khali)、蘇馬爾 (Surma) 或西諾 (Sindoor)
- 食物或香料：如蝗蟲或 薑黃

這些物品含有鉛——使它們遠離您的孩子：

- 鉛製釣魚墜
- 鉛彈
- 鉛焊料



## 照顧您的孩子

如果您的孩子參加了 Medi-Cal、WIC<sup>1</sup>、Head Start 或其他類似計劃，則在一歲和兩歲時進行血鉛測試，請向您孩子的醫生詢問血鉛檢測。如果您的孩子未參加這些計劃之一，請向您孩子的醫生詢問他們接觸鉛的風險。



不要讓孩子咀嚼油漆表面或吃油漆碎片。一些舊油漆中含有鉛。當油漆老化時，它會破裂成塵埃。這塵埃四處蔓延在您的家中。

經常清洗孩子的手和玩具。吃飯和睡前一定要洗手。鉛塵和泥土可能會黏在手上和兒童放入口中的玩具上。



每天為您的孩子提供健康的餐點和點心。確保每餐都提供孩子水果和蔬菜，以及含有以下成分的食物：

- 鈣：牛奶、優格、起司、豆漿、菠菜、玉米餅
- 鐵：牛肉、雞肉、雞蛋、火雞、乾豆、強化鐵的雜糧穀物、豆腐、羽衣甘藍、芥菜
- 維生素 C：柳橙、番茄、酸橙、青椒、莓果、木瓜、綠花椰菜



鈣、鐵和維生素 C 有助於防止鉛傷害您的孩子。

欲了解更多信息，請訪問  
[go.cdph.ca.gov/LeadFreeKids](https://go.cdph.ca.gov/LeadFreeKids)  
或聯絡：



<sup>1</sup>WIC 是針對婦女、嬰兒及兒童的特殊補充營養計劃