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 orin 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[1], 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.

[1]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 www.cdph.ca.gov/programs/CLPPB or contact:

CDPH California Department of Public Health

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Pwoteje Timoun ou kont Plon

Plon ka fè timoun ou an mal.

Lè plon enfekte yon timoun, sa ka fè l difisil pou l aprann, pou l ret konsantre epi sa ka deranje konpòtman l. Pifò timoun plon enfekte pa parèt malad epi yo pa prezante okenn sentòm.

Suiv etap sa yo pou w pwoteje fanmi w kont plon.

Plon ki Anndan e ki Deyò Lakay Ou

Pa kite pousyè plon ak salte gaye nan kay la. Toujou lave arebò fenèt yo ak atè a, epi retire soulye nan pye w anvan w antre lakay ou.

Evite kite mèb yo bò kote penti k ap dekale oswa k ap dekole. Retire bèso yo, pak jwèt yo, kabann yo ak chèz ki wo yo anba kote ki gen pentire k ap degrade. Sa ap ede w evite timoun ou an jwenn ak kal penti ak pousyè ki gen plon.

Pa janm sable, fwote tou sèk, fè lavaj a presyon oswa sable penti sof si yo te teste penti a epi yo te wè l pa t gen plon ladan l. Se apati 1978 yo te entèdi itilizasyon penti a baz plon.

Ou ka jwenn plon nan dlo w ap sèvi akoz tiyo ki kouvri ak plon oswa ki galvanize (kouvri ak zen). Pou redui risk pou w jwenn plon nan dlo a, kite dlo a koule jiskaske w santi l fre, anvan w itilize l pou w fè manje, pou w bwè oswa pou w fè lèt pou bebe a (si w konn itilize l). Si w dwe chofe dlo a, itilize dlo frèt ki nan tiyo a, epi chofe l nan fou a oswa nan yon mikwo ond.

Plon ki gaye nan lè a ki soti kèk kote tankou gaz ki gen plon yo konn met nan avyon, izin yo, epi nou ka jwenn plon an nan lè a oswa nan pousyè ki bò lakay ou ak jan yo konn sèvi ak plon an nan gaz.

Sonje itilize yon pirifikatè lè ki gen yon filtè HEPA. Plante zèb oswa lòt plant, mete ekòs bwa, gravye oswa beton kote timoun ou an ap jwe ki gen pousyè deyò. Sa ap pèmèt timoun ou an evite plon ki nan tè ki bò kote l yo.

Si w travay ak plon, chanje abiman travay ou, pwòpte kò w oswa benyen anvan w monte machin ou oswa anvan w al lakay ou.

W ap jwenn plon nan diferan espas travay:

- Penti ak renovasyon
- Reparasyon radyatè
- Resiklaj batri
- Kote moun aprann tire

Mande patwon w lan si w travay ak plon. Timoun yo ka enfekte ak plon an nan pousyè plon ki antre nan kay la sou po nou, cheve nou, rad nou, soulye nou ak machin nan.

Plon nan Pwodui W Achte e w ap Itilize

Evite itilize veso pou w pran dlo oswa asyèt ak kaswòl ki ize oswa ki ansyen ki soti nan yon magazen ki bon mache, yon mache deyèm men, an kristal, ki fèt alamen oswa yo fabrike deyò Etazini, sof si yo teste l epi li pa gen plon.

Kite bijou lwen timoun yo. Gen kèk bijou ki gen plon. Menm atik ki make “San Plon (Lead Free)” ka gen plon ladan yo.

Pale ak doktè w anvan itilize pwodui ki sot nan lòt peyi ki ka gen plon ladan yo tankou:

- **Remèd kay:** Poud ki gen koulè cho pou lestomak fèmal oswa lòt maladi
- **Poud makiyaj ak dekorasyon:** Kohl, Khali, Surma, oswa Sindoor
- **Manje oswa epis:** tankou chapilin oswa kikima (timenik)

Pwodui sa yo gen plon ladan yo — mete yo lwen timoun ou an:

- Plon lapèch
- Boulèt plon
- Soudi a plon

Pran Swen Timoun ou an

Mande doktè timoun ou an **pou l fè yon tès plon** pou li lè l gen youn ak de ane si timoun ou an nan yon pwogram tankou Medi-Cal, WIC[1], Head Start, oswa lòt pwogram menm jan an. Si timoun ou an pa nan youn nan pwogram sa yo, mande doktè timoun ou an ki risk ki genyen pou l kontamine ak plon.

Pa kite timoun ou an mete bouch li sou kote ki pentire oswa manje kal penti. Gen kèk ansyen penti ki gen plon ladan yo. Lè penti a la lontan, li dekonpoze an pousyè. Pousyè sa a ka gaye tout kote nan kay la.

[1]WIC se yon Pwogram Espesyal Nitrisyon Siplemantè pou Fanm, Tibebe ak Timoun (1WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children)

Laven men timoun ou an ak jwèt li yo souvan. Toujou lave men w anvan m manje e anvan w al dòmi. Pousyè plon ak salte ka kole nan men timoun nan ak jwèt l ap met nan bouch li.

Bay timoun ou an manje manje k ap bon pou sante l chak jou. Asire w ou bay timoun ou an fwi ak legim chak lè w ap ba l manje, epi ba li manje ki gen:

- **Kalsyòm:** Lèt, yogout, fwomaj, lèt soja, epina, mayi tòtiya
- **Fè:** Bèf, poul, ze, kodenn, pwa sèch, sereyal an gren ki rich an fè, tofi (tofu), chou frize, chou vèt, fèy moutad

- **Vitamin C:** Zoranj, tomat, sitwon vèt, pwavron, ti fwi tankou frèz, papay, bwokoli

Kalsyòm, fè ak vitamin C ka anpeche plon bay timoun ou an pwoblèm.

Pou plis enfòmasyon, ale sou www.cdph.ca.gov/programs/CLPPB oswa kontakte:

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