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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Koton deen kuenda sa vañanide odi tnanide plomo

Chii plomoga kadaxi ni'i de'en kue'e.

Chii plomoga kadaxi sa vandaku de'en tekutnunide sa dakua'ade odi kunde'edo'ode sa ka'a te dane'eña'a odi kua úùde. Te nchaa landu, nitna'ani odi nixexi plomoga ña, chií ñatu tu'u ndi'inigüexi sa ku'ugüexi kuenda plomo.

Kadan sa ka'andɨ kuenda sa vaku'undo kuenda kue'e plomoga.

Plomo xitɨ ve'e odi ke'e ve'e

Ndadandon ve'e kuenda sa vakɨ'u plomo xitɨ ve'en ndada ndoo va'an nchaa sa ndeku ve'en, vendana, pisuxi, te ore nasáàndo ve'endo te xokanindo chaundo ore ndɨ'undo veèndo.

ɨnxio dakɨ'ɨn saka'yu kuenda sa vakadande'exi nchaa sa ndeku ve'en. Vadayanin saka'yu nuu xidi de'e, nuu sakunukoo de'e, nuu dadɨkɨ de'e odi sa dadɨkɨ de'e. Chii saka'yuga nuu nakachixi nuu niyichixi ña, te ne'exi plomo te xe'e vaku dadɨkɨ odi tnani de'e.

Vaku'tnun yichin, odi chi'in ndute odi kuchi nuu saka'yu nuu sanixitonde güede te nixinigüede sa ñatu ñu'uxi plomo. Xonandɨ'ɨyu saka'ayu ñu'uxi plomo te dukani xonandɨ'ɨyu te ndee kuia 1978 nika'a tee kunchiu sa vakuga nandɨ'ɨo nuu ñu'uxi plomo.

Plomoga kɨ'uxi ve'e nuu tuveria nika'yuxi ndɨ'ɨ sa ñu'u plomo odi nukuu galvanizadaxi. Te kuenda nandundooxi sa ñu'uxi plomoña, dañanan nakati ndute i'ni te ndee nakee ndute vixi nuu kadu'ao sa kaxio, ko'o odi sakadu'ao dɨku sa ko'o mi'mi. Te nuu xiniñu'un kadavidin ndute, te va'aga ke'en ndute vixi te kadavidin nuu estufa odi nuu microonda.

Tikachu'ma plomo xinuxi nuu tachi keexi nuu gasoline aviasio ndɨ'ɨ plomo, fabrika y odi nuu ɨn nduu ninandɨ'ɨyu plomo nuu gasolineria te nindoo nuu tachi odi nuu ñu'u plomoga te nuu tachi kɨ'uxi nuu ve'en.

Kaniinin te nadi'in sa kuu purificador tachi ndee filtuxi HEPE, kuenda ndadandoxi ve'en. Te nuu ñu'u nuu dadɨkɨ de'en chii dadaun ndɨ'ɨ cespe , kuchi odi naku sa kaka kuenda dadɨkɨ de'en. Te xe'e kadaxi **sa nkundee de'en plomo odi tnigüexi.**

Te nuu kidenchiu ndɨ'ɨ plomoña, te ore nindi'in nchiuña, te kuchin va'an nadama neei doon duate keen karrun te nuun ve'en. Chii plomoga ndekuxi ndeninikuu nuu nchiuo:

- Nuu ndada va'agüede ve'e odi nuu ndada vii güede ve'e
- Nuu ndadu'agüede radiador
- Nuu ndadu'agüede nchha bateria nitiu.
- Nuu kutu'ague teegüede

Kakatnu'u nuu ñayiu saña'an nchiu nuu kidechiuyu ndɨ'ɨ plomo. Ni'i landu kue'e nuu nako'ogüexi, kaxigüexi, nuu nankunde ñiigüexi, nuu nakunde doogüexi, idigüexi, chaugüexi odi nuu nakeegüexi xitɨ karru ndee plomo.

Te nchaa ve'e saàn chii ndeexi plomo.

Vanadi'in kɨdɨ odi ko'o ndkuxi ndute sa nita'¡auxi odi tnatnindexi te nisáàn nuu ya'u pulga odi saku dɨ'un nicha'aun odi nidanuyu ya'auxi kuenda kuya'au, nuu nikua'axi ndɨ'ɨ cristal odi nikua'axi inka ñuu sa ñatu kuuxi ñuu Estadu Unidu, odi nuu nuu ndee sa ñatu niku'axi ndɨ'ɨ plomo.

Te nchaa tindɨdɨn sa ku'un nda'an dukun vandadoon nuu kini landu. Chii dava xe'e ndeexi plomo. Chii dava sa nandi'o nikuandɨ'ɨxi ndɨ'ɨ plomo te ndee tnu'u sa "ñatu nikua'axi ndɨ'ɨ plomo" kue nikua'andɨ'ɨ plomo.

Ditnaga ka'an ndɨ'ɨ tee kuu medikun nuu nakuu sa nandi'i chii kudanate, te ndeexi plomo, nakuinin xe'e:

- **Nakuini yuku tatnaa kadu'ao nuuve'eo:** sa kaa nakaa tikachuma chanchi te kuuxi yuku kidetatna xɨtio odi inka kue'e
- **Sa nandi'o sa kayu nuu ñayiudɨ odi sanandɨ'ɨ nachi'l ñu'mao ve'eo:** Kohl, Khali, Surma, or Sindoor
- **Dava sa xexio:** nakuinin tika odi yuku nani kurkuma

Nchaa xe'e ñu'uxi plomo — nuu vakundekuxi nuu ndeku de'e

- Ndeku sa kuuxi plomo tniio chaka
- Sa kuu bala plomo
- Sa nandɨ'iguede kide soldargüede ndeexi plomo

Kotondo de'en

Kakan's nuu medikun nakadade prueba niñii kuenda plomo xide'en nuu de'en xi'tna'ade programa nanixi Medi-Cal, WIC[1], Head Start odi davaga programa nuu xi'tna'ade. Te nuu ñatu yi'l de'en ɨn programaga ña, te kakatnu'u's nuu mediku de'en nuu nakada plomoga nuu ndeku ya'nixi nuu de'en.

Te vadaña'a ta'aiden nuu nika'yu odi ndee pindura. Chii dava pindura niyii ñu'u plomo. Te ore takuu niyii pindutaga, nduuxi tikachu'ma. Te tikachu'maga viini kɨ'uxi xitɨ ve'e.

WIC[1] kuuxi Programa Especial Nutrisio (kaxiva'ao) kuenda Nadɨ'ɨ Mi'mi ndɨ'ɨ Landu li'li.

Naketenin nchaa sa dadɨkɨde'en. Naketenindo nda'ando ore kaxindo ore kudundo. Tikachu'ma ndɨ'ɨ sa ndee plomo landu li'li chii chi'igüexi yu'ugüexi nda'agüexi odi savii dadɨkɨgüexi.

Dakaxin de'e sa xexi va'a sa kadaxi kuenu vadiigüexi. Te ndɨ'ɨitna'a kaxigüexi nakaxiguexi kui'l odi yuku kui odi sa nikua'a ndɨ'ɨ yuku kui.

- **Sa kuuxi kalsiu:** Milk, yogur, kesu, dɨku soya, yuku espinaka, dita nuni.
- **Sa kuuxi ierru:** kuñu ndɨkutu, kuñu nchuxi, ndɨu, kuñu kolo, nduchi, cereal triu ñu'u ierru, tofu, berza, col risa, nda¡a yuku mostasa.

- **Sa kuu vitamina C:** tɨkue, tɨnana, lima, pimiendu, morroon, nchaa nuu nde'e, papya, ndɨ'ɨ yuku brokoli.

Nchaa se ñu'u kalsiu, ierru ndɨ'ɨ vitamina C chindexi sa vani'i de'en kue'e plomo.

Kuenda kinigan nasa kuuxi, te kɨ'un kunde'en nuuwww.cdph.ca.gov/programs/CLPPB odi ka'an nuu:

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