Protect Your Family

Taking Care of Your Child

- Keep your child away from old or chipping paint
- Wash your child's hands and toys often
- Feed your child healthy meals and snacks every day and avoid giving your child sweets

Inside and Outside Your Home

- Keep your home clean and dust-free
- Never sand, dry scrape, power wash or sandblast paint unless it has been tested and does not have lead in it
- Cover bare dirt outside where your child plays
- Take off shoes or wipe them on a doormat before going inside
- Change out of work clothes and shoes, and wash up or shower before getting in a car or going home if you work with lead

Things you Buy and Use

- Avoid using dishes and pots that are old, worn, or antique, from a discount market or flea market, made of crystal, handmade, or made outside the USA unless they have been tested and don't have lead.
- Do not use remedies like azarcon, greta, or pay-loo-ah. Some Ayurvedic remedies, traditional Chinese remedies, and other remedies may also contain lead. Talk to your doctor before using any remedies.
- Some traditional makeup, like kohl or surma, has been found to contain lead.
- Avoid foods and brightly colored spices, like chapulines and turmeric, brought to the USA by family and friends.
- Do not let your child play with or mouth jewelry, fishing sinkers, or bullets or bullet casings.

For more information, go to www.cdph.ca.gov/programs/clppb, or call your local Childhood Lead Poisoning Prevention Program:

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CDPH CHILDHOOD LEAD POISONING PREVENTION BRANCH

Is there LEAD in or around your home?

Lead can be found in many places inside and outside your home.

Lead can hurt your child. Lead can harm a child's brain. 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.

Ask your child's doctor about testing for lead. The only way to know if your child has lead poisoning is for your child to get a blood test for lead.

Most children get tested at 1 and 2 years old. Some children over 2 also need to get tested.

You can find lead...

in chipping paint

in remedies like azarcon, greta, or pay-loo-ah

on your hair, skin, shoes, and clothes after work

in bullets and fishing sinkers

in some toys

in some jewelry
www.dtsc.ca.gov/Toxic-Jewelry-Samples.cfm

in some candies
www.cdph.ca.gov/data/Documents/fdbLiCLiC07.pdf

in bare dirt

in traditional makeup, like kohl, surma, or sindoor

in some dishes and pots

in house dust

in foods and brightly-colored spices from outside the USA