

保护孩子不受铅害



您可能在住家内外许多地方发现铅的存在。

铅会对您的孩子造成伤害。铅会损坏您孩子的脑部。铅中毒会令孩子学习困难、不能集中注意力及控制行为。大部份铅中毒的孩子外表及行为均无病状。

请采取下列步骤，保护您的家人不受铅害。

照顾好您的孩子

不要让孩子嚼咬塗了油漆的表面或吃入油漆碎片。有些旧漆中含铅。老化的油漆会化为含铅尘。这种铅尘将散播於您家中的各个角落。



经常为孩子洗手及清洗玩具。吃东西和睡觉前务必要洗手。含铅灰尘和泥土会粘附在孩子们经常放入口中的双手及玩具上。

请每天给您的孩子吃健康的餐食及点心。请务必为孩子供应各类蔬菜和富含下列成份的食物：

钙 (牛奶、酸奶、起司、豆浆、菠菜、加钙柳橙汁，低脂蛋奶冻及玉米薄饼)

铁 (牛肉、鸡肉、火鸡肉、蛋、熟乾豆、加铁质的麦片、豆腐、白菜、甘蓝及芥菜)

维生素 C (柳橙、蕃茄、青柠、甜椒、莓果、木瓜、豆薯及青花菜)

钙、铁和维生素 C 能保护您的孩子不受铅害。

尽量不要给您的小孩糖果甜食。一些来自墨西哥、中国和美国以外其他地方的糖果皆含有铅。新鲜的水果和蔬菜、瘦肉和奶制品对您的孩子是更健康的选择。



请与孩子的医生讨论有关铅毒检验事宜。

- 要了解孩子体内是否有铅存在，唯一的方法就是为孩子做血铅检验。
- 大多数小孩是在 1 或 2 岁接受检查。有些 2 岁以上的孩子也需要检查。

住家内外

保持家中洁净无尘。经常拖地、湿擦窗台、吸尘及清洗所有表面。用家用清洁剂清洗并以清水冲净。这样灰尘中的铅就不会在家中四处散播。



把家具摆放在远离油漆龟裂或剥落之处。务必让婴儿床、婴儿围栏、睡床及高架椅远离油漆剥落处。如此做将有助於让孩子远离油漆碎片及灰尘中的铅。

除非您测试过及确知油漆没有含铅，否则绝对不可用砂纸磨、用刮子削、强力冲洗或以喷沙器冲刷油漆。油漆形成的铅尘会四处散播而导致家人、宠物及邻居铅中毒。



住家周围的泥土也可能含铅，这些是来自过去所用汽油和工厂的排铅。

当您的孩子在外玩耍时，将外露的土壤盖住。使用草皮或其他植物、树皮、碎石或混凝土。这样您的孩子就不会接触到泥土中所含的铅。



在进入住屋前脱鞋或在门口的擦鞋垫上将鞋底擦乾淨。这样便可将铅尘阻隔在屋外。

若工作中会接触铅，则在进入汽车或启程回家之前，应将工作服及工作鞋换下，并洗脸洗手或淋浴。铅

存在於以下多种工作环境：

- 油漆及房屋整修工地
- 散热器修理店
- 生产或回收旧电池的场

要求雇主告知您的工作是否接触到铅。孩子有可能因接触到藉由皮肤、头发、衣服及鞋子带回家的铅尘而引发铅中毒。

购买和使用的物品

不要使用美国以外生产的盘子或盆罐盛装食物或饮料，除非这些东西已经过测试且确认不含铅。



请勿让孩子将首饰或玩具放入口中。有些首饰和玩具含铅，但从外观无法得知含铅与否。即使是标明了“无铅”的物品也可能含铅。

不要使用可能含铅的进口产品，如：

- 天然药品 — 治疗胃痛或其他疾病的明亮橙色、黄色、或白色粉末
- 化妆品 — Kohl, Khali, Surma, 或 Sindoor
- 食品或香料，如 chapulines 或薑黄



以下这些物品含铅 - 不要让您的孩子碰触：

- 钓鱼坠
- 子弹
- 制作彩色玻璃的用品

详细资讯

请致电您当地的「儿童铅中毒预防计划」(Childhood Lead Poisoning Prevention Program), 查询有关检测盘罐器皿及油漆的事宜，或其他有关儿童铅中毒的资讯。更多网上资讯，请浏览 www.cdph.ca.gov/programs/clppb



Protect your child from LEAD



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.

Take these steps to keep your family safe from lead.

Taking Care of Your Child

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.



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 vegetables, and foods with lots of:

- **calcium** (milk, yogurt, cheese, soy milk, spinach, calcium-enriched orange juice, low-fat custard, and corn tortillas)
- **iron** (beef, chicken, turkey, eggs, cooked dried beans, iron-fortified cereals, tofu, collards, kale, and mustard greens)
- **vitamin C** (oranges, tomatoes, limes, bell peppers, berries, papaya, jicama, and broccoli)



Calcium, iron and vitamin C help keep lead from hurting your child.

Avoid giving your child sweets. Some candies from Mexico, China, and other places outside the US have lead in them. Fresh fruits and vegetables, lean meats, and dairy products are healthier choices for your child.

Talk to your child's doctor about testing for lead.

- **The only way to know** if your child has lead in his or her body 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.

Inside and Outside Your Home

Keep your home clean and dust-free.

Wet mop floors, wet wipe windowsills, vacuum, and wash all surfaces often. Use household cleaner and rinse with clean water. This keeps lead in dust and dirt from spreading in the house.



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. Lead dust from paint can spread and poison your family, pets, and neighbors.



There may also be lead in the dirt around your home from the past use of lead in gasoline and in factories.

Cover bare dirt outside where your child plays. Use grass or other plants, bark, gravel, or concrete. This keeps lead in the dirt away from your child.



Take off shoes or wipe them on a doormat before going inside. This keeps lead in dirt outside.

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. Lead is in many workplaces:

- **painting and remodeling sites**
- **radiator repair shops**
- **places that make or recycle batteries**

Ask your employer to tell you if you work with lead. Children can be poisoned from lead dust brought home on skin, hair, clothes, and shoes, and in the car.

Things you Buy and Use

Do not use dishes or pots made outside the U.S. for food or drinks unless they have been tested and do not have lead in them.



Do not let your child put jewelry or toys in his or her mouth. Some jewelry and toys have lead in them. There is no way to tell if there is lead in jewelry and toys. Even items marked "Lead Free" can have lead in them.

Do not use imported products that may have lead in them, like:

- **natural remedies** — bright orange, yellow, or white powders for stomach ache or other illnesses
- **make-up** — Kohl, Khali, Surma, or Sindoor
- **food or spices**, like chapulines or turmeric



These items have lead in them — keep them away from your child:

- **fishing sinkers**
- **bullets**
- **supplies for making stained glass**

More Information

Call your local Childhood Lead Poisoning Prevention Program to find out about testing your paint, pots, or dishes, or for other questions about childhood lead poisoning. For information online, go to www.cdph.ca.gov/programs/clppb