

YOU CAN PREVENT LEAD POISONING

Get Tested for Lead:

- If your child is between 6 months to 6 years old, ask your doctor whether to test for lead.
- Children on public insurance programs should be tested at age 1 and 2.



Eat Healthy Foods:

- Good nutrition helps protect children from lead.
- **Iron-rich foods:** beans, raisins, cereals fortified with iron, lean meat, or fish
- **Calcium-rich foods:** milk, yogurt, cheese, dark-green vegetables, canned salmon, or tofu
- **Vitamin C:** fruits



Keep a Healthy House:

- Keep surfaces as clear as possible for easy cleaning.
- Use a wet mop for cleaning instead of dry sweeping to minimize the spread of dust.
- Use a vacuum that has a HEPA filter*.
- Wipe down window sills with mild detergent weekly.



* If you do not have a HEPA vacuum, use an allergen filter bag.

RESOURCES

Call (800) LA-4-LEAD:

- To get more information on lead, lead screenings, or lead test kits
- To get more information on other sources of lead, such as, imported spices, make-up, or jewelry
- To locate a licensed lead inspector
- To learn about lead safe work practices

Free & Low-Cost Health Services:

Children in low-income families may be eligible for free or low-cost medical check-ups, including a blood lead test. Call the numbers below for more information.

Medi-Cal	(888) 747-1222
Healthy Families	(800) 880-5305
Healthy Kids (First 5 LA)	(888) 347-7855
CHDP	(800) 993-2437
Access for Infants & Mothers (AIM)	(800) 433-2611
Public/Private Partnership Program (PPP)	(800) 427-8700
LA County Info Line	211



1-800-LA-4-LEAD
(1-800-524-5323)

<http://publichealth.lacounty.gov/lead>

Funded by California Department of Public Health (Rev. 03/11)



Make Your Home Lead-Safe And Healthy For Children



Preventing Lead Poisoning
is in Your Hands



LEAD IS A POISON

- Lead is a poison that can damage the brain, kidneys, liver, and other organs.
- Even small amounts of lead can cause learning problems and changes in behavior.
- Children under 6 years of age and pregnant women are at a higher risk.
- Children and adults with retained bullets are also at risk.

HOW DOES LEAD POISONING OCCUR?

- Lead poisoning is caused by eating lead or breathing lead dust.
- Since young children often put things in their mouths, they can also pick up lead-dust that can be dangerous.
- **Most of the time, lead poisoning has no symptoms. The only way to know is with a blood lead test.**
- Inside this brochure is information on how lead can get into our bodies.

LOOK INSIDE >>>>



1. TRADITIONAL REMEDIES

Some imported home remedies, such as Greta, Azarcon, or Ayurvedics, may contain lead.

- *Avoid using traditional remedies or spices that may contain lead.*
- *Call (800) LA-4-LEAD to receive a list of traditional remedies containing lead.*

2. CERAMICS

Many imported ceramic dishes or pottery are decorated with lead paint or glaze. Lead may get into the food or drink if you use these ceramic dishes/pots for cooking, serving, or storing.

- *Test imported dishware or pottery for lead before use.*
- *Call (800) LA-4-LEAD for more information on testing dishes & pottery.*

3. TOYS & JEWELRY

Toys made in other countries may have lead paint.

- *Discourage children from chewing on toys with painted surfaces.*
- *Wash children's toys often.*

4. SOIL

Lead from paint chips/dust, gasoline (smog) could have fallen into the dirt around your home.

- *Do not let children play with or eat bare soil.*
- *Cover bare soil with grass, wood chips, or cement.*
- *Use a doormat and clean often.*



4. Soil

5. ACTIVITIES THAT USE LEAD

Hobbies such as stain glass making, jewelry making, or fishing may use products containing lead.

- *Keep these items away from small children.*

6. WORK CLOTHES

Lead can be taken home if you work in jobs such as construction, painting, plumbing, or radiator repair.

- *If you can't shower at work, wash your hands, arms, face and neck thoroughly before leaving.*
- *Call (800) LA-4-LEAD on how to protect your family from lead.*

7. CHIPPING & PEELING Paint (Pre-1978 Homes)

Homes or apartments built before 1978 may have lead-based paint. Chipping or peeling paint may create dangerous dust that can affect your health.

Protect Children Before Repairs:

- Move beds, cribs, and play-pens away from peeling paint.
- Cover damaged paint with cloth tape or plastic sheets until repairs can be made.

Repair Flaking Paint:

- Wipe off small areas of loose paint with a damp sponge and paint over.
- Never dry scrape, dry sand, or burn off old paint
- Fix moisture problem to prevent peeling paint.
- Consider hiring professionals to deal with large areas of flaking paint.
- Repair old windows or doors.
- Never do renovation or painting while children are in the house.

Use Lead Safe Work Practices or Consider Checking Your Home for Lead:

- When doing renovations, assume your home contains lead paint and follow lead safe work practices. **Call (800) LA-4-LEAD** for more information on lead safe work practices.
- You may also consider testing your home for lead. **Call (800) LA-4-LEAD** to receive a sample lead test kit or to obtain a referral for Certified Lead Inspectors.



Adapted with permission of Consumer Action's Lead Poisoning Prevention Project