

重新粉刷或修繕你的舊家？

避免你的家人鉛中毒



1978年以前建造的房屋可能油漆內含鉛。

不要刮磨你家的油漆，除非你知道它不含鉛

刮磨舊的油漆會產生危險的鉛塵

鉛塵對你的孩子非常有害，可引起鉛中毒。鉛能損害小孩的大腦、神經和腎臟。鉛中毒會使小孩難以集中精力，學習不佳，不聽話。



你和家人可能會吞下或吸入鉛塵

幹刮或打磨時你會吸入鉛塵。附近的其他人也會吸入。

空氣中的鉛塵會落入你的食物和飲品。

當孩子把上面附有鉛塵的東西，如玩具或手，放入他們的嘴裡時，鉛塵會進入其體內

讓你的油漆經過含鉛測試

要知道你家油漆是否含鉛的唯一方法就是對它進行測試。有關測試的資訊，請造訪 www.cdph.ca.gov/Programs/CCDPPH/DEODC/CLPPB/Pages/home_test.aspx。

避免你的家人鉛中毒

聘請一名經加州政府認證的鉛檢測專業人士。這些承包者都受過專門訓練，以測試你家中是否含鉛，並安全地將其清除。若要查找經認證的鉛檢測專業人士，請造訪 www.cdph.ca.gov/Programs/CCDPPH/DEODC/CLPPB/Pages/LRChire_lead_prof.aspx 或致電 **1-800-597-LEAD (5323)**

只有經加州政府認證的鉛專業人士才可以找到並清除你家中的鉛，而且受聘進行房屋修繕的所有承包者都必須接受美國環境保護署認可的培訓，以在他們工作時避免鉛擴散。要查找經過此基礎培訓的承包者，請造訪 http://cfpub.epa.gov/flpp/searchrrp_firm.htm 或致電 **1-800-424-LEAD (5323)**。

如果你不打算聘請承包者，請遵循以下提示，以幫助你在施工時遏制鉛塵擴散：

施工前

- 盡可能從工作區移除一切物品，如地毯、窗簾、家具、玩具、衣服、鞋子、食物和飲料。
- 在室內室外工作時都鋪上厚的塑料布。蓋住地板、大家具、遊樂區和附近的外表面，如草或混凝土。



- 關閉加熱器或空調。
- 用塑料膠帶蓋住地板、天花板、牆壁上的通風口。
- 在門口到工作區中間用膠帶黏起一塊塑料布做擋簾。
- 穿上工作服，並將其與其他衣服分開。

施工時

- 讓兒童和孕婦遠離工作區。
- 在刮磨之前和期間，使用噴霧瓶用水將所有表面弄潮濕。
- 避免從工作區帶走鉛塵：
 - 不要穿著工作服和鞋子離開工作區。
 - 坐在家具上，與孩子玩耍，或接觸玩具或其他物品前，脫下工作服和鞋子並洗手。
- 不要在工作區中吃飯喝水或吸煙。吃飯喝水或吸煙前，請脫下工作服和鞋子，洗手並離開工作區。



施工後

- 每日清潔工作區域。
 - 使用噴霧瓶弄濕油漆碎片。小心向內折疊塑料布，並將其放入密

封的袋子中。如果你的油漆中含鉛，將袋子送到你當地的家庭有害廢物處理處：<https://dtsc.ca.gov/universalwaste/household-hazardous-waste/>。



- 使用水和多用途清潔劑來清潔架子、櫃檯、地板和其他表面。
- 脫下工作服和鞋子，並將它們存儲在一個袋子中。將工作服與你家的其他衣物分開洗滌。
- 工作完後儘快淋浴並洗頭。
- 在工作區清潔之前，不要讓孩子或孕婦進入工作區。

如果你認為你的孩子或其他家庭成員已經接觸了鉛，請讓你的醫生進行鉛中毒測試。

有關兒童鉛中毒的更多資訊，請造訪 www.cdph.ca.gov/programs/clppb 或致電 **1-510-620-5600**。



Repainting or Fixing Up Your Older Home?

Protect Your Family from Lead Poisoning



Homes built before 1978 may have lead in the paint.

Do not scrape or sand paint on your home unless you know it does not have lead in it.

Scraping and sanding old paint can create dangerous lead dust

Lead in dust is very harmful to young children and can cause lead poisoning. Lead can harm the brain, nerves, and kidneys of a young child. Lead poisoning can make it very hard for a young child to learn, pay attention, and behave.



You and your family can swallow or breathe in lead dust

You can breathe in lead dust while dry scraping or sanding. Others nearby can breathe it in too.

Lead dust in the air can fall down into your food and drinks.

Lead dust can get into your child's body when they put things in their mouth that have lead dust on them, like their toys or hands.

Have your paint tested for lead

The only way to know if your home has lead in the paint is to have it tested. For information about testing, go to www.cdph.ca.gov/Programs/CCDPHP/DEODC/CLPPB/Pages/home_test.aspx.

Keep your family safe from lead

Hire a CA State Certified lead professional. These contractors are specially trained to test for lead in your home and safely remove it. To find a certified lead professional, go to www.cdph.ca.gov/Programs/CCDPHP/DEODC/CLPPB/Pages/LRChire_lead_prof.aspx or call **1-800-597-LEAD (5323)**.

While only CA State Certified lead professionals can find and remove lead from your home, all contractors hired for home repairs must get U.S. Environmental Protection Agency approved training to keep lead from spreading while they work. To find a contractor with this basic training, go to http://cfpub.epa.gov/flpp/searchrrp_firm.htm or call **1-800-424-LEAD (5323)**.

If you do not plan to hire a contractor, follow these tips to help contain lead dust while you work:

Before you work

- Remove everything you can from the work area, like rugs, curtains, furniture, toys, clothes, shoes, food, and drinks.
- Tape down heavy plastic sheeting for both inside and outside jobs. Cover the floor, big furniture, play structures, and nearby outside surfaces, like grass or concrete.
- Turn off the heater or air conditioner.
- Tape plastic over vents in the floor, ceiling, or walls.



- Make a curtain by taping plastic sheeting over the doorway to the work area.
- Put on work clothes and keep them separate from all other clothes.

While you work

- Keep children and pregnant women away from the work area.
- Use a spray bottle to mist all surfaces with water before and during sanding and scraping.
- Avoid tracking lead dust away from the work area:
 - Do not leave the work area in your work clothes and shoes.
 - Take off work clothes and shoes and wash your hands before sitting on furniture, playing with children, or touching toys or other objects.
- Do not eat, drink or smoke in the work area. Take off work clothes and shoes, wash your hands, and leave the work area before eating, drinking, or smoking.



After you work

- Clean up the work area daily.
 - Use a spray bottle to mist paint chips. Carefully fold plastic sheeting inward and place in a tightly sealed bag. If your paint has lead in it, take the bag to your local household hazardous

waste program: <https://dtsc.ca.gov/universalwaste/household-hazardous-waste/>.

- Use water and an all-purpose cleaner to clean the shelves, counters, floors, and other surfaces.

- Remove work clothes and shoes and store them in a bag. Wash work clothes separately from the rest of your family's laundry.
- Shower and wash your hair as soon as you finish working.
- Do not let children or pregnant women into the work area until you have cleaned it up.

If you think that your child or other family member has been around lead, ask your doctor to test for lead poisoning.

For more information on childhood lead poisoning, go to www.cdph.ca.gov/programs/clppb or call **1-510-620-5600**.

