

Protect your child from LEAD



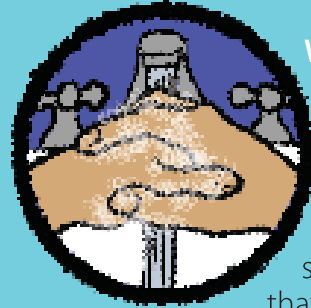
Lead can be found in many places inside and outside your home.

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 fruit and vegetables with every meal, and foods that have:

calcium (milk, plain yogurt, almond milk, soy milk, spinach, kale, tofu, cheese, calcium-fortified cereals)



iron (beef, chicken, turkey, eggs, cooked dried beans, almonds, cashews, peanuts, pumpkin seeds, potatoes, oatmeal)

vitamin C (oranges, tomatoes, tomatillos, limes, bell peppers, purple cabbage, papaya, jicama, and broccoli)

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

Avoid giving your child sweets. Some candies from outside the USA have lead in them. Fresh fruit and vegetables, lean meats, whole grains and dairy products are healthier choices for your child.

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

Inside and Outside Your Home

Let water run until it feels cold (usually at least 30 seconds) before using it for cooking or drinking. Always use water from the cold tap for cooking, drinking, or baby formula (if used). If water needs to be heated, draw water from the cold water tap and heat the water on the stove or in a microwave.

Keep your home clean and dust-free.

Wet mop floors, wet wipe windowsills, vacuum, and wash all surfaces often. 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.



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

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.



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.

Talk to your doctor before using imported products that often 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

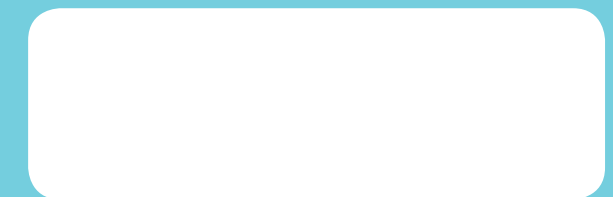


These items have lead in them — keep them away from your child:

lead fishing sinkers
lead bullets
lead solder

More Information

Go to www.cdph.ca.gov/programs/clppb or contact:



保護孩子不受鉛害



您的房屋內外許多地方都可能有鉛的存在。

鉛會傷害您的孩子。鉛會損壞孩子的部。鉛中毒會令孩子學習困難、不能集中注意力及控制行為。大部份鉛中毒的孩子外表及行為均無病狀。

請採取下列步驟，保護您的家人不受鉛害。

照顧好您的孩子

不要讓孩子嚼咬塗了油漆的表面或吃入油漆碎片。有些舊漆中含鉛。老舊的油漆會化為含鉛灰塵。這種鉛塵將散播於您家中的各個角落。



經常為孩子洗手及清洗玩具。吃東西和睡覺前務必要洗手。含鉛灰塵和泥土會黏附在孩子們經常放入口中的雙手及玩具上。

請每天給您的孩子吃健康的餐點及點心。每頓飯務必為孩子提供各類蔬果，以及富含下列營養成分的食物：

- 鈣（牛奶、原味優酪乳、杏仁牛奶、豆漿、菠菜、羽衣甘藍、豆腐、起司、加鈣麥片）
- 鐵（牛肉、雞肉、火雞肉、雞蛋、煮熟豆類、杏仁、腰果、花生、南瓜子、馬鈴薯、燕麥）
- 維生素C（橘子、蕃茄、樹番茄、萊姆、甜椒、紫甘藍、木瓜、豆薯和青花椰菜）

鈣、鐵和維生素 C 能保護您的孩子不受鉛害。



儘量不要給您的孩子吃糖果及甜食。有些產自美國境外的糖果含有鉛質。新鮮的水果和蔬菜、瘦肉、全穀類和奶製品對您的孩子是更健康的選擇。

請與孩子的醫生討論有關鉛毒檢驗事宜。

房屋內外

打開水龍頭讓水流掉，直到感覺有冷水流出後（通常至少30秒鐘），才用來煮水或飲用。烹飪、飲水、或者沖泡嬰兒奶粉（如果使用）時，務必取用冷水龍頭的水。如果水需要加熱，請從冷水龍頭中接水，然後放在爐子上或微波爐中加熱。

保持家中潔淨無塵。經常拖地、濕擦窗台、吸塵及清洗所有表面。這樣灰塵中的鉛就不會在家中四處散播。



把傢俱擺放在遠離油漆龜裂或剝落之處。務必讓嬰兒床、嬰兒圍欄、睡床及高架椅遠離油漆剝落處。如此做將有助於讓孩子遠離油漆碎片及灰塵中的鉛。

除非您測試過及確知油漆沒有含鉛，否則絕對不可用砂紙磨、用刮子乾刮、強力沖洗或以噴沙器沖刷油漆。



住家周圍的塵土也可能含鉛，這些是來自以前所用汽油和工廠的排鉛。

當您的孩子在外玩耍時，將外露的土壤蓋住。使用草皮或其他植物、樹皮、碎石或混凝土。這樣您的孩子就不會接觸到含鉛的塵土。

進屋前先脫鞋，或在門口鞋墊上將鞋底擦乾淨。這樣可將含鉛的塵土留在屋外。

若工作中會接觸鉛，則在進入汽車或啟程回家之前，先將工作服及工作鞋換下，並洗手洗臉或淋浴。鉛存在於以下多種工作環境：

- 油漆及房屋整修工地
- 散熱器修理店
- 生產或回收舊電池的場所



要求雇主告知您的工作是否接觸到鉛。孩子有可能因接觸到附著在皮膚、頭髮、衣服及鞋子上或者車中的鉛塵而引發鉛中毒。

購買和使用的物品

避免使用老舊、破損或古董類餐盤，或是來自折扣商店或跳蚤市場、水晶製成、手工製作或美國境外等的水罐或餐盤；除非這些物品已檢驗過無鉛毒。



請勿讓孩子將首飾或玩具放入口中。有些首飾和玩具含鉛，從外觀無法辨別是否含鉛。即使是標明了「無鉛」的物品也可能含鉛。

在使用經常會含鉛的進口產品之前，請諮詢醫生，比如：

- 天然藥品 — 治療胃痛或其他疾病的明亮橙色、黃色、或白色粉末
- 化妝品 — Kohl、Khali、Surma 或 Sindoor
- 食品或香料，如 chapulines 或薑黃



以下這些物品含鉛 — 不要讓您的孩子碰觸：

- 釣魚鉛墜
- 鉛彈
- 鉛焊料

更多資訊

請瀏覽 www.cdph.ca.gov/programs/clppb 或者聯繫：

