

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.

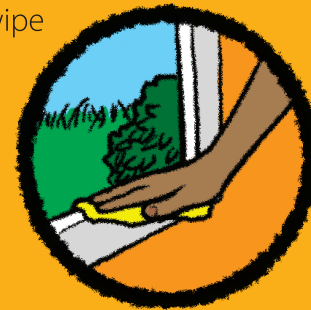
Talk to your child's doctor about testing for lead.

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:



保护您的孩子不受铅害



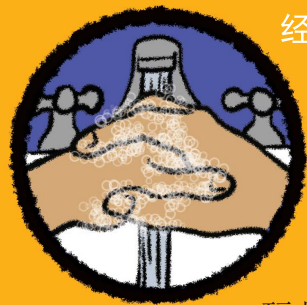
您的房屋内外许多地方都可能有铅的存在。

铅会对您的孩子造成伤害。铅会伤害孩子的脑部。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。

请采取以下措施，保护您的家人不受铅害。

照顾好您的孩子

不要让孩子啃咬涂了油漆的表面或吃入油漆碎片。有些旧漆中含铅。老旧的油漆会化为含铅的灰尘。这种铅尘将散播于您家中的各个角落。



经常为孩子洗手并清洗玩具。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以及玩具上。

请每天给孩子吃健康的餐点和点心。每顿饭请务必为孩子提供各类蔬果，以及富含下列营养成分的食物：

- 钙（牛奶、原味酸奶、杏仁牛奶、豆浆、菠菜、羽衣甘蓝、豆腐、奶酪、加钙麦片）
- 铁（牛肉、鸡肉、火鸡肉、鸡蛋、煮熟的豆类、杏仁、腰果、花生、南瓜子、土豆、燕麦）
- 维生素C（桔子、蕃茄、树番茄、酸橙、甜椒、紫甘蓝、木瓜、豆薯和西兰花）

钙、铁和维生素C能保护您的孩子不受铅害。



尽量不要给您的孩子吃糖果及甜食。一些产自美国境外的糖果中含铅。新鲜的水果和蔬菜、瘦肉、全谷类和奶制品对您的孩子更健康的选择。

请与孩子的医生请教有关铅毒检验的事宜。

房屋内外

打开水笼头让水流掉，直到感觉有冷水流出后（通常至少30秒钟），才用来煮水或饮用。烹饪、饮水、或者冲泡婴儿奶粉（如果使用）时，务必取用冷水笼头的水。如果水需要加热，请从冷水龙头中接水，然后放在炉子上或微波炉中加热。



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。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。这样做将有助于让孩子远离油漆碎片及灰尘中的铅。

除非您已测试过且确知油漆中不含铅，否则绝对不可用砂纸磨、用刮子干刮、强力冲洗或以喷砂器冲刷油漆。



房屋周围的尘土也可能含铅，它们来自以前所用的汽油和工厂的排铅。

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含铅的尘土。

进屋前先脱鞋，或在门垫上将鞋底擦干净。这样可以将含铅的尘土阻隔在屋外。

若工作中会接触铅，则在进入汽车或启程回家之前，先将工作服及工作鞋换下，并洗手洗脸或淋浴。铅存在于以下多种工作环境中：

- 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附着在皮肤、头发、衣服、鞋子上或者车中的铅尘而导致铅中毒。

购买和使用的物品

避免使用老旧、破损或古董类餐盘，或是来自折扣商店或跳蚤市场的、水晶制品、手工制作或美国境外的水罐或餐盘；除非这些物品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，但无法从外观辨别其含铅与否。即使是标明了「无铅」的物品也可能含铅。

在使用经常会含铅的进口产品之前，请咨询医生，比如：

- 天然药品——治疗胃痛或其他疾病的亮橙色、黄色、或白色粉末
- 化妆品——Kohl, Khali, Surma, 或 Sindoor
- 食品或香料，如油炸小蝗虫或姜黄



以下这些物品含铅——

不要让您的孩子碰触：

- 钓鱼铅坠
- 铅子弹
- 铅焊料

详细资讯

请浏览 www.cdph.ca.gov/programs/clppb 或者联系：

