

# IS YOUR CHILD AT RISK FOR LEAD POISONING?

## CHECK FOR LEAD IN AND AROUND YOUR HOME:



- **Paint:** Move your child's things away from and safely repair chipping paint.
- **House Dust:** Wet wipe or mop surfaces to remove dust and dirt. Do not let your child chew on windowsills or other surfaces.
- **Bare Dirt:** Cover bare dirt outside where your child plays.
- **Vinyl Mini-Blinds:** Replace old vinyl mini-blinds and do not let your child chew on them.



- **Plumbing Materials:** Tap water is more likely to have lead if plumbing materials, including solder or service lines, contain lead. Reduce potential exposure to lead in tap water by running water until it feels cold and only drawing from the cold tap for cooking, drinking, or baby formula (if used).
- **Water From Wells:** The only way to know if your water has lead is to have it tested.

Learn more about water testing: [www.epa.gov/lead/protect-your-family-exposures-lead#testdw](http://www.epa.gov/lead/protect-your-family-exposures-lead#testdw)



- **Dishes, Pots, & Water Crock:** Avoid using dishes, pots, and water crocks 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.



- **Food & Spices:** Avoid imported foods and brightly colored spices that might have lead in them, like chapulines and turmeric.
- **Candies:** Avoid recalled candies: [www.cdph.ca.gov/Programs/CEH/DFDCS/Pages/FDBPrograms/FoodSafetyProgram/LeadInCandy.aspx](http://www.cdph.ca.gov/Programs/CEH/DFDCS/Pages/FDBPrograms/FoodSafetyProgram/LeadInCandy.aspx)



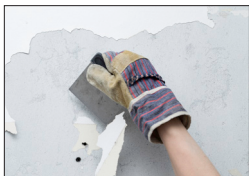
- **Traditional Make-Up & Traditional Remedies:** These products often have lead in them: surma, azarcon, greta, pay-loo-ah. Talk to your doctor before using these or other traditional make-up or remedies (e.g., brightly colored powders, traditional Chinese or Ayurvedic remedies).



- **Toys:** Check toys for peeling paint and wash them often. Old or vinyl toys are more likely to have lead. Avoid recalled toys: [www.cpsc.gov](http://www.cpsc.gov)
- **Jewelry:** Do not let your child suck on or play with jewelry. Learn more: <https://dtsc.ca.gov/toxics-in-products/lead-in-jewelry/>



- **Lead Fishing Sinkers & Lead Bullets:** Do not let your child touch lead fishing sinkers or lead bullets or casings.
- **Lead Solder:** Keep your child away from activities that use lead solder, like welding, or stained glass or jewelry making.



- **Take-Home Lead:** Avoid taking lead home from work or hobbies. If you work with lead, change out of work clothes and shoes and wash up before getting in your car or going home.
- **Home Repair/Improvement Projects:** Do not scrape or sand paint on your home unless you know your paint does not have lead in it.

For more information, go to [www.cdph.ca.gov/programs/clppb](http://www.cdph.ca.gov/programs/clppb), or contact:



# 您的孩子有铅中毒的风险吗？

## 检查您家里及房子周围的含铅物品：



- **油漆：**把您孩子的东西从油漆剥落处移走，安全地修补剥裂的油漆。
- **家里的灰尘：**用湿布或拖把清除表面的灰尘或污垢。不要让孩子啃咬窗台或其它物品的表面。
- **外露的泥土：**在您孩子玩耍的地方，把外露的泥土覆盖起来。
- **塑胶百叶窗帘：**把旧的塑胶百叶窗换掉；不要让您的孩子啃咬百叶窗。



- **管道材料：**如果管道材料（包括焊料或供水管道）含铅，自来水含铅的可能性更高。为减少对铅成分的接触，在用水前先让自来水流一会儿，直到水笼头流出冷水为止。烹饪、饮水、或者冲泡婴儿奶粉（如果使用）时，务必取用冷的自来水。
- **井水：**要想知道您的井水是否含铅，唯一的方法是做水质化验。

如欲进一步了解化验水质，请至：[www.epa.gov/lead/protect-your-family-exposures-lead#testdw](http://www.epa.gov/lead/protect-your-family-exposures-lead#testdw)



- **盘子、罐子及水壶：**避免使用从廉价商店或跳蚤市场买来的、用水晶制作、手工制作或美国境外制作的磨损的或陈年老旧的盘子、罐子及水壶，除非这些物品已被化验无铅毒。



- **食品和香料：**避免可能含铅的进口食品与颜色鲜艳的香料，如烤蚱蜢和姜黄。
- **糖果：**避免接触被召回的糖果：[www.cdph.ca.gov/Programs/CEH/DFDCS/Pages/FDBPrograms/FoodSafetyProgram/LeadInCandy.aspx](http://www.cdph.ca.gov/Programs/CEH/DFDCS/Pages/FDBPrograms/FoodSafetyProgram/LeadInCandy.aspx)



- **传统的化妆品及传统的偏方药：**这些产品往往含铅：苏玛 (surma)、阿扎康 (azarcon)、格列塔 (greta)、配卢阿 (pay loo-ah)。在使用这些或其它传统的化妆品或偏方药以前（如色彩艳丽的粉末、中国传统药方或阿育吠陀药方），应请教医生。



- **玩具：**检查玩具，看看上面是否有油漆剥离并常常清洗玩具。旧的或塑胶玩具更可能含铅。避免接触被召回的玩具：[www.cpsc.gov](http://www.cpsc.gov)
- **珠宝：**不要让您的孩子吸吮或玩弄珠宝。欲知详情：<https://dtsc.ca.gov/toxics-in-products/lead-in-jewelry/>



- **钓鱼铅坠及含铅子弹：**不要让您的孩子接触钓鱼铅坠或含铅子弹或外壳。
- **含铅焊料：**让您的孩子远离使用含铅焊料（如焊接）、彩色玻璃或珠宝制作的活动。



- **从外带回的含铅物质：**不要把含铅物质从工作场所或业余爱好活动中带回家。如果你工作中接触铅，在进入汽车或回家之前，先换掉工作服、工作鞋并洗净全身。
- **房屋整修/修缮项目：**不要在家里刮漆或油漆打磨，除非您知道您的油漆不含铅。

欲知详情，请至：[www.cdph.ca.gov/programs/clppb](http://www.cdph.ca.gov/programs/clppb)  
或打电话给当地“儿童铅中毒预防计划”：

