

# 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.

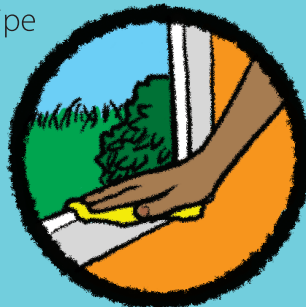
**Talk to your child's doctor about testing for lead.**

## 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

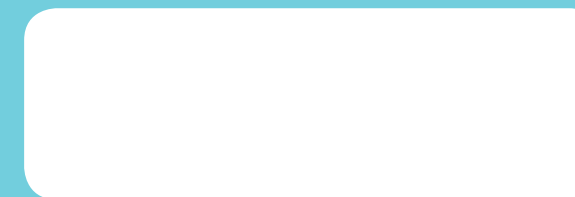


**These items have lead in them — keep them away from your child:**

- **lead fishing sinkers**
- **lead bullets**
- **lead solder**

## More Information

Go to [www.cdph.ca.gov/programs/clppb](http://www.cdph.ca.gov/programs/clppb) or contact:



# Tiv thaiv koj tus menyuam ntawm hmoov txhuas



## Hmoov txhuas yuav muaj tau nyob ntau qhov chaw hauv tsev thiab nraum zoov.

**Hmoov txhuas yuav ua tau mob rau koj tus menyuam.** Hmoov txhuas yuav ua tau rau ib tus menyuam lub hlwb puas. Kev lom neeg los ntawm hmoov txhuas yuav ua tau rau menyuam yaus kawm ntawv, mob siab mloog lus thiab koj cwj pwm zoo tau nyuaj. Feem coob ntawm cov menyuam yaus leej twg uas yog raug kev lom neeg los ntawm hmoov txhuas yeej tsis zoo li ib tug neeg mob los sis koj cwj pwm zoo li nws mob.

## Ua raws li cov kauj ruam no los mus tiv thaiv koj tsev neeg ntawm hmoov txhuas.

## Siab Xyuas Koj Tus Menyuam

Tsis txhob cia koj tus menyuam ntsuas tej phab kab tsi uas muaj xim los sis noj tej daim xim uas nti los. Tej cov xim qub uas ua tau ntev los lawm muaj hmoov txhuas xyaw. Thaum xim qub lawm, nws tawg mus ua hmoov. Cov hmoov no ya mus rau txhua qhov txhia chaw hauv koj lub tsev.



**Nquag muab koj tus menyuam ob txhais tes thiab tej khoom ua si ntxuav.** Ntxuav tes txhua zaug ua ntej yuav noj mov thiab yuav mus pw. Hmoov txhuas thiab av yeej lo tau rau ntawm tej tes thiab tej khoom ua si uas menyuam muab ntsaws rau hauv lawv tej qhov ncauj.

**Pub cov khoom noj thiab cov khoom txom ncauj uas zoo rau neeg lub cev rau koj tus menyuam noj txhua hnub.** Nco nroov muab txiv mab txiv ntoo thiab zaub rau koj tus menyuam noj nrog txhua pluag mov, thiab cov zaub mov uas muaj:

- **cov tshuaj calcium** (kua mis nyuj, yogurt tsis muaj dab tsi xyaw, kua mis almond, kua mis taum pauv, zaub spinach, zaub kale, taum paj, cheese, cov cereals muaj calcium xyaw)
- **cov tshuaj iron** (nqaij nyuj, nqaij qaib, nqaij qaib cov txwv, qe, cov noob taum qhuav uas muab ua siav lawm, cov noob txiv almonds, cov noob txiv cashews, txiv laum fuab xeeb, noob taub, qos yaj ywm, oatmeal)
- **cov tshuaj vitamin C** (txiv kab ntxwv, txiv lws suav, txiv tomatillos, txiv quab ntsuab, kua txob loj, zaub qhwv xim xiav, txiv taub ntoos, qos mab soo, thiab zaub cos pob (broccoli))

Tshuaj calcium, iron thiab vitamin C pab cov hmoov txhuas kom ua tsis tau mob rau koj tus menyuam.



Tsis txhob muab tej khoom qab zib rau koj tus menyuam noj. Tej cov qhob noom uas ua lwm lub teb chaws tuaj muaj hmoov txhuas xyaw. Txiv mab txiv ntoo thiab zaub, nqaij ntshiv, noob ub noob no thiab khoom noj siv kua mis ua yog cov khoom noj uas zoo rau koj tus menyuam lub cev.

**Nrog koj tus menyuam tus kws kho mob tham txog kev mus tso ntshav kuaj saib seb puas muaj txhuas.**

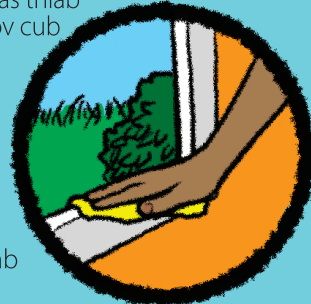
## Hauv Koj Lub Tsev thiab Sab Nraum Zoov

**Qib dej cia kom hnov cov dej txias txias los (ntev li ntawm 30 xoos nkoos) ua ntej cug los siv ua zaub mov noj los sis koj los haus.** Siv tus kais dej txias txhua zaug los ua zaub mov noj, haus, los sis tov mis rau menyuam noj (yog siv). Yog yuav tsum tau siv dej so, cug dej ntawm tus kais dej txias thiab mam li muab rhaub hauv qhov cub los sis hauv lub microwave.

**Tu kom koj lub tsev du lug thiab kom tsis txhob muaj plaus plav.** Muab tus khaub tshuab txhuam tsev mus tsaus dej los txhuam tsev, muab ib daim ntaub ntub dej los so ntawm tej qab qhov ntsais, nqus tsev, thiab nquag ntxuav txhua yam khoom muaj tej npoo uas tiaj tiaj. Qhov no yuav pab txwv kom tej hmoov txhuas nyob hauv tej plaus plav thiab av txhob yav mus rau txhua qhov txhia chaw hauv lub tsev.

**Muab tej khoom vaj khoom tsev tso kom deb ntawm cov xim uas nti thiab tev.** Muab cov txaj menyuam yaus pw, lub nkuaj rau menyuam yaus ua si, txaj thiab lub rooj siab rau menyuam zaum noj hmov txav kom deb ntawm cov xim uas nti los sis tev. Qhov no yuav pab txwv tej hmoov txhuas nyob hauv cov xim uas nti thiab hauv tej hmoov av kom txhob ya mus rau ntawm koj tus menyuam.

**Tsis txhob tshuab, txhuam, siv lub tshuab tsuag dej los ntxuav, los sis siv lub tshuab tshuab pa los txhuam cov xim pleev tsev kom nti** uas tseem tsis tau soj ntsuam thiab twb tsis paub hais tias cov xim pleev tsev ntawd tsis muaj hmoov txhuas xyaw.



Tej zaum kuj tseem yuav muaj hmoov txhuas nyob hauv cov av ib ncig ntawm koj lub tsev vim tau muab hmoov txhuas xyaw rau cov roj av thiab siv nyob rau tej tuam txhab tsim khoom siv yav tag los.

**Npog cov av nraum zoov ntawm cov chaw koj tus menyuam ua si.** Cog nyom los sis lwm yam ntsoj tsuag, siv tawv ntoo, nqaij pob zeb, los sis luam xim mas los npog. Qhov no yuav pab txwv tej hmoov txhuas nyob hauv av kom txhob ya mus rau ntawm koj tus menyuam.

**Hle khau los sis so khau rau daim ntaub ntawm qhov rooj ua ntej nkag mus rau hauv tsev.** Qhov no yuav pab txwv kom tej hmoov txhuas txhob nkag mus rau hauv tsev.

**Hloov cov khaub ncaws thiab nkawm khau ua hauj lwm, thiab yaug los sis da dej** ua ntej nkag mus hauv tseb los sis mus tsev yog hais tias koj ua hauj lwm nrog hmoov txhuas. Ntau ntau lub chaw ua hauj lwm yeej muaj txhuas:

- **tej chaw pleev xim thiab tej vaj tse uas muab kho ua dua tshiab**
- **cov chaw kho lub taub dej siv rau tshab**
- **Cov chaw uas ua roj teeb los sis muab cov roj teeb qub rov qab ua dua tshiab**



Nug koj lub chaw hauj lwm saib seb puas yog koj ua hauj lwm nrog txhuas. Cov menyuam yeej raug lom tau los ntawm tej hmoov txhuas nqa tau los tsev uas lo ntawm tej tawv nqaij, plaub hau, khaub ncaws, thiab khau, thiab nyob hauv tseb.

## Cov Khoom koj Yuav thiab Siv

**Tsis txhob siv tej hub rau dej los sis tais diav thiab lauj kaub uas yaig los sis khoom qub uas yuav ntawm cov khw muag khoom luv nqi los sis khw tshav puam, uas siv cov khoom ci ci, ua ntawm tes, los sis ua lwm lub teb chaws tuaj** ua ntej tau muab soj ntsuam thiab paub hais tias yeej tsis muaj hmoov txhuas xyaw.



Tsis txhob pub koj tus menyuam muab tej khoom koj thaum tu cev los sis tej khoom ua si ntsaws rau hauv qhov ncauj. Tej cov khoom koj thaum tu cev thiab tej cov khoom ua si muaj txhuas xyaw. Nws tsis muaj kev los mus qhia tias seb cov khoom koj thaum tu cev thiab cov khoom ua si puas muaj txhuas xyaw. Txawm hais tias ib co khoom twb muaj lo lus tias "Tsis Muaj Txhuas" sau rau ntawd los yeej tseem muaj tau txhuas xyaw.

**Nrog koj tus kws kho mob tham ua ntej yuav siv cov khoom uas tuaj lwm lub teb chaws tuaj uas yeej ib txwm hnov hais tias muaj txhuas xyaw, xws li:**

- **tej tshuaj ntsuab** — xim daj tshiab tshiab, daj, los sis ua hmoov dawb siv kho mob plab los sis lwm yam mob.
- **Tshuaj pleev ntsej muag** — Kohl, Khalik Surma, los sis Sindoor
- **Khoom noj los sis txuj lom uas muab zom ua hmoov,** xws li tej hmoov kooj los sis qhia daj



**Cov khoom no muaj hmoov txhuas xyaw— txhob muab cias ze ntawm koj tus menyuam:**

- **pob qe txhua nuv ntses**
- **muas txwv txhuas**
- **tus koob siv los ham txhuas**

## Xav Tau Ntaub Ntawv Qhia Ntxiv

Mus rau ntawm [www.cdph.ca.gov/programs/clppb](http://www.cdph.ca.gov/programs/clppb) los sis hu rau:

