

# Protect Your Family

## Taking Care of Your Child

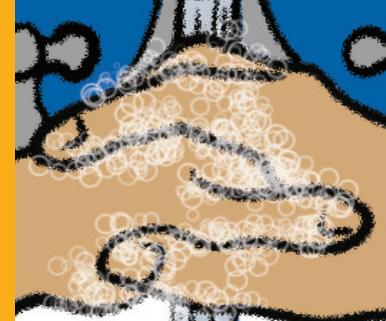
- Keep your child away from old or chipping paint
- Wash your child's hands and toys often
- Feed your child healthy meals and snacks every day and avoid giving your child sweets

## Inside and Outside Your Home

- Keep your home clean and dust-free
- Never sand, dry scrape, power wash or sandblast paint unless it has been tested and does not have lead in it
- Cover bare dirt outside where your child plays
- Take off shoes or wipe them on a doormat before going inside
- 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

## Things you Buy and Use

- Avoid using dishes and pots that are old, worn, or antique, from a discount market or flea market, made of crystal, handmade, or made outside the USA unless they have been tested and don't have lead.
- Do not use remedies like azarcon, greta, or pay-loo-ah. Some Ayurvedic remedies, traditional Chinese remedies, and other remedies may also contain lead. Talk to your doctor before using any remedies.
- Some traditional makeup, like kohl or surma, has been found to contain lead.
- Avoid foods and brightly colored spices, like chapulines and turmeric, brought to the USA by family and friends.
- Do not let your child play with or mouth jewelry, fishing sinkers, or bullets or bullet casings.



# Is there **LEAD** in or around your home?

**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.

**Ask your child's doctor about testing for lead.** The only way to know if your child has lead poisoning is for your child to get a blood test for lead.

**Most children get tested at 1 and 2 years old.** Some children over 2 also need to get tested.

For more information, go to [www.cdph.ca.gov/programs/clppb](http://www.cdph.ca.gov/programs/clppb), or call your local Childhood Lead Poisoning Prevention Program:

# You can find lead...



in chipping paint



in remedies like azarcon, greta, or pay-loo-ah



on your hair, skin, shoes, and clothes after work



in bullets and fishing sinkers



in some toys



in some jewelry  
[www.dtsc.ca.gov/Toxic-Jewelry-Samples.cfm](http://www.dtsc.ca.gov/Toxic-Jewelry-Samples.cfm)



in some candies  
[www.cdph.ca.gov/data/Documents/fdbLiCLiC07.pdf](http://www.cdph.ca.gov/data/Documents/fdbLiCLiC07.pdf)



in bare dirt



in traditional makeup, like kohl, surma, or sindoor



in some dishes and pots



in house dust



in foods and brightly-colored spices from outside the USA