Lead Poisoning

Are your children in danger?

Your children may have lead poisoning and not look or act sick.

- Lead poisoning can slow your children's growth and cause learning and behavior problems.
- Children under 6 years of age are at highest risk for lead poisoning.
- **Ask your doctor to test your children's blood for lead.** It is the only way to know if your children have lead poisoning.

Lead can be found in

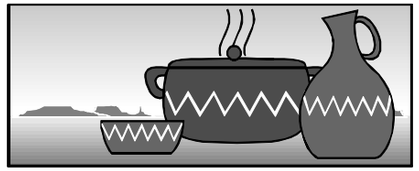
paint on houses built before 1960 and in the dirt around these homes.

Things to do:

Clean up paint chips and dust with a wet mop or cloth. Do not scrape, sand, burn or sweep paint. Wash your children's hands and faces after playing outside or on the floor.

Lead can be found in

imported and decorated dishes or handmade pottery.

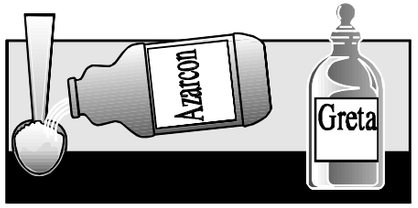


Things to do:

Use plain plastic or glass dishes and cups. Do not use pottery to prepare, cook or store food and drinks.

Lead can be found in

home remedies such as Azarcon, Greta, Pay-loo-ah, Kohl, Azoque, Kandu, Bala Goli, Ghasard, Cerussite, Sema, and Sattarang.



Things to do:

Stop all use of home remedies now! Ask your doctor or nurse for advice.

Lead can be found in

jobs or hobbies that use stained glass, fishing weights, paint, radiators, car batteries, and in dirt near freeways, smelters and factories.

Things to do:

Shower, wash and change shoes and clothes after working with these materials. Wash work clothes separately from other laundry. Keep children away from items that may contain lead.

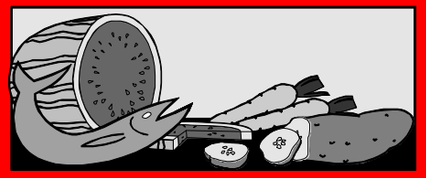
Healthy eating can help protect your children from lead poisoning.

Always wash your children's hands and faces before eating.

It is harder for lead to get into the blood when you serve your children:

- regular meals and snacks;
- foods high in calcium: lowfat milk (whole milk until age 2), cheese, yogurt, broccoli, tofu, corn tortillas and dark green leafy vegetables;
- foods high in iron: lean meats, chicken, dried beans, cereal with iron, dark green leafy vegetables and dried fruit;

- lowfat foods more often: fruits, vegetables, pasta, rice, nonfat dairy products and lean meats; bake, boil or broil foods instead of frying.



To find out about the blood test for lead and eligibility for no-cost health exams, call your doctor, clinic or local Health Department's Child Health and Disability Prevention (CHDP) Program.

Developed by Statewide CHDP Health Educators and Nutritionists in cooperation with the Childhood Lead Poisoning Prevention Branch, 1993.

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