

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



- **Dishes, Pots, & Water Crocks:** 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



- **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
- **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, or contact:



PUAS YUAV MUAJ QHOV KOJ TUS MENYUAM RAUG LOM TAU LOS NTAWM COV KUA TXHUAS (LEAD)?

KEV KUAJ KUA TXHUAS HAUV TSEV THIAB IB PUAG NCIG NTAWM KOJ LUB TSEV:



- **Xim (Paint):** Muab koj tus menyuam tej khoom txav deb ntawm tej qhov xim nti-nti thiab muab thas dua xim tshiab rau.
- **Plua Plav (House Dust):** Muab phuam los sis tej khoom txhuam tsev ntub dej los so tej plua plav thiab tej khoom qias. Txhob cia koj tus menyuam mus kaws tej hlau thaiv qhov rai los sis tej ntug.
- **Tej khoom qjav uas tsis npog:** Muab tej khoom qias uas koj tus menyuam pheej mus uasi ze npog rau.
- **Cov ntxaij qhov rai yas (Vynyl Mini-Blinds):** Muab koj tej ntxaij thaiv qhov rai yas uas qub lawm hloov thiab txhob cia koj tus menyuam muab los zom los sis noj.



- **Tej kav phaij dej (Plumbing Materials):** Koj cov dej hauv tsev muaj taus kua txhuas yog tias muaj teeb meem rau cov kav phaij dej, es muaj kua txhuas nyob rau hauv. Kev yuav txo tau kom txhob raug cov kua txhuas no ces muab dej tso ib pliag kom txog thaum los cov txias zog thiab siv dej txias los ua noj thiab haus, los sis siv tov mis rau menyuam noj (yog koj siv).
 - **Cov dej uas nqus hauv cov qhov dej los (Water from Wells):** Tib txoj kev uas yuav paub tias seb koj cov dej puas muaj kua txhuas los tsis muaj ces yog sim kiag xwb.
- Xav paub ntau tshaj txog kev sim dej no ces mus rau: www.epa.gov/lead/protect-your-family-exposures-lead#testdw



- **Tej twj taig diav, lauj kaub thiab tej tais rau dej qub:** Tsis txhob siv tej twj taig diav, lauj kaub thiab tej tais rau dej qub qub, uas yuav hauv tej kiab khwv txo nqi pheej yig los sis hauv taj laj khib nyiab los, uas yog siv tej khoom ci-ci uas neeg siv tes puab, los sis ua txawv teb chaws tuaj tshwj tias twb muab sim tag es tsis muaj kua txhuas lawm no ces mam siv.



- **Zaub mov thiab tej khoom rau khoom noj:** Tsis txhob noj tej zaub mov ua txawv teb chaws tuaj thiab tej khoom rau zaub mov uas ua xim tshiab-tshiab tsam lam muaj kua txhuas, xws li cov kooj kib (chapulines) thiab cov hmoov qhiav daj (turmeric).
- **Qhaub noom:** Txhob noj tej qhaub noom uas luag kom xav rov qab: www.cdph.ca.gov/Programs/CEH/DFDCS/Pages/FDBPrograms/FoodSafetyProgram/LeadInCandy.aspx



- **Tej hmoov tshuaj pleev plhu thiab tej tshuaj ntsuab:** Cov khoom no keev muaj kua txhuas nyob rau hauv: Yog cov hu ua surma, azarcon, greta, thiab pay-loo-ah. Nrog koj tus kws kuaj mob tham ua ntej siv tej no los sis lwm yam tshuaj pleev plhu (xws li tej uas ua hmoov tshiab-tshiab, los sis Suav tej tshuaj ntsuab qub los sis lwm yam khoom (Ayurvedic remedies).



- **Khoom uasi (toys):** Saib tej khoom uasi seb puas nti xim thiab muab ntxuav tas li. Cov khoom uasi qub-qub thiab cov yas yog cov keev muaj kua txhuas. Txhob siv tej khoom uasi uas luag kom xa rov qab: www.cpsc.gov
- **Saw Nyiaj/Saw Kub:** Txhob pub koj tus menyuam npuav los sis uasi nrog tej sawv nyiaj sawv kub. Xav paub ntxiv nkag mus rau hauv: <https://dtsc.ca.gov/toxics-in-products/lead-in-jewelry/>



- **Tej kua txhuas ntawm cov thauj nuv ntsees thiab cov mos txwv:** Txhob cia koj tus menyuam kov tej thauj txhuas nuv ntsees los sis tej mos txwv los sis tej pas nuv ntsees.
- **Tej txhuas cam/cauj khoom:** Txhob cia koj tus menyuam nyob ze ntawm tej yam khoom uas muaj txhuas, xws li qhov chaw cam los sis cauj hlau, los sis tej twj taig uas siv los ua nyiaj ua kub.



- **Nqa txhuas los tsev:** Tsis txhob lam nqa tej txhuas tom hauj lwm los sis lwm qhov chaw los tsev. Yog koj qhov hauj lwm yog ua nrog txhuas, hloov koj cov khawb ncaws thiab khau ua hauj lwm thiab ntxuav koj tus kheej kom zoo ua ntej yuav nkag rau hauv koj lub tsheb los sis yuav mus tsev.
- **Kev kho vaj tse/txuas tsev tshiab:** Txhob lam kuam los sis tshiav tej xim rau hauv koj lub tsev tshwj tias koj yeej paub tias koj cov xim tsis muaj kua txhuas dabtsi nyob hauv.

Yog xav paub ntau tshaj no ntxiv, mus rau ntawm www.cdph.ca.gov/programs/clppb, los sis hu rau:

