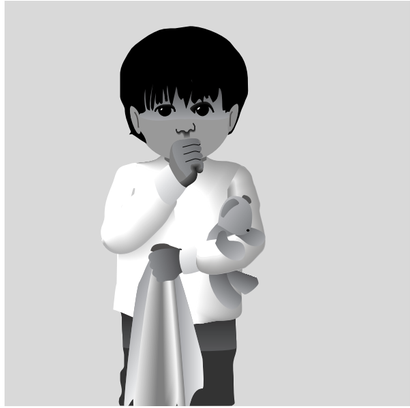
Learn About

LEAD POISONING

Protect Your Children

Lead can harm a child's brain

- Lead poisoning can make it hard for children to learn, pay attention and behave.
- Young children get lead poisoning more often than older children. Lead is also more harmful to them.



Most children who have lead poisoning do not look or act sick

- The only way to know if your child has lead poisoning is for your child to get a blood test for lead.
- Talk to your child's doctor. Your child may need a blood test for lead poisoning. Most children are tested at 1 and 2 years old. Some children over 2 also need to get tested.
- **Your child may be able to get free health care, including tests for lead. To find out, call 1-888-747-1222. The call is free.**
- If you are pregnant, lead can hurt your baby. Ask your doctor if you should get a blood test for lead.

BEWARE OF THESE LEAD DANGERS

Take these steps to keep your child safe.

LEAD IS IN paint and dust inside and outside of homes and buildings built before 1978.

- Wet mop floors, wet wipe window sills, vacuum, and wash all surfaces often with household cleaner. Rinse with clean water.
- Wash your child's hands often, especially before eating and sleeping. Also wash your child's toys often.
- Do not let your child chew on painted surfaces or eat paint chips.
- Cover bare dirt outside your home with plants, paving stones, concrete, bark, or gravel.
- Take off shoes or wipe them on a doormat before going inside.
- Never sand, dry scrape, power wash or sandblast paint unless it has been tested and does not have lead in it. Call your local Childhood Lead Poisoning Prevention Program (1-800-524-5323) to find out about testing your paint.

LEAD IS IN pots and dishes that are old, handmade, or made outside of the U.S.

- Have these tested for lead before you use them for food or drinks. Call your local Childhood Lead Poisoning Prevention Program (1-800-524-5323) to find out about testing your pots and dishes.

LEAD IS IN many workplaces.

- Ask your employer to tell you if you work with lead. Workplaces where lead is found include:
  - places where people work with radiators or batteries, or do soldering or welding
  - places built before 1978 that are being painted or remodeled
- If you work with lead, change out of your work clothes and shoes, and wash or shower before you come home.

Be sure that products you bring home do not have lead in them

These products often have lead in them:

- **home remedies** (bright orange, yellow, or white powders) like Greta, Azarcon, Paylooah, or Liga
- **make-up** like Kohl and Surma
- **some imported candies**, especially candies from Mexico made with tamarind fruit

Protect your child from lead

Feed your child healthy meals and snacks that include vegetables, and foods rich in:

- **calcium** (milk, cheese, yogurt, corn tortillas, tofu or bean curd)
- **iron** (meat, chicken, cooked dried beans, iron-fortified cereals, and raisins and other dried fruit)
- **vitamin C** (oranges and orange juice, grapefruit and grapefruit juice, and tomatoes and tomato juice)

For more information, call:

1-800-LA-4-LEAD (524-5323)

Los Angeles County
Department of Public Health
Childhood Lead Poisoning Prevention Program

www.dhs.ca.gov/childlead

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California Department of Health Services

CHILDHOOD LEAD POISONING PREVENTION BRANCH