



## Simple ways to protect your child from lead poisoning

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### **Keep your home as clean and free from dust as possible**

The best way to clean up dust that may contain lead is to regularly wet mop your floors, wet wipe window ledges, and wash all surfaces with water and household detergent.

### **Take off your shoes before entering the house**

Or make sure shoes are wiped well on a doormat outside the house. This will help prevent lead dust and soil from getting into the house.

### **Change out of work clothes as soon as you can**

If you work with lead at your job, take a shower before coming home and wash your work clothes separately from all other clothes. Lead dust brought home on the clothes of workers can spread in the house and poison children. Lead is used in many workplaces, such as paint manufacturers, radiator repair shops, battery manufacturing plants and lead smelters.

### **Never sand, burn or scrape paint, unless you know that it does not contain lead**

### **Test painted surfaces for lead**

Test before you begin remodeling your home. If the paint contains lead, it needs to be handled safely. Untested paint on structures built before 1976

is legally presumed to be lead-based paint. If the work is not done the right way, lead dust can scatter and poison your family, pets, neighbors and workers. For information about remodeling your home safely, or to find a certified lead professional, visit [www.cdph.ca.gov/Programs/CLPPB](http://www.cdph.ca.gov/Programs/CLPPB).

## **Encourage healthy eating habits**

Each day, give your child:

**Protein** (seafood, lean meat, poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds)

**Vegetables** (fresh, frozen or canned vegetables; serve a variety of colors, like dark green, red, orange, yellow and purple)

**Fruits** (fresh, frozen or canned fruits; limit 100% juice without added sugar)

**Grains** (whole grains, whole wheat bread, oatmeal, popcorn, quinoa, brown or wild rice)

**Dairy** (whole milk for children under age 2, low-fat dairy, such as milk, yogurt, cheese, soymilk, or nut milks without added sugars)

**Limited foods with added sugars** (candy, granola bars, soda, sugary breakfast cereals and sweet treats) and added fats (fried foods, fast foods, chips, pork rinds)

Remember: younger children need smaller serving sizes and should eat healthy meals and snacks at least every 3-4 hours.

Try to make a positive suggestion to help your child keep a healthy weight, serve healthy snacks such as veggie sticks, with salsa or hummus, sliced fruit or low-fat yogurt.

## **Keep children's furniture away from damaged paint**

Do not place cribs, playpens, beds or high chairs next to areas where paint is chipping or peeling, or can be chewed.

## **Wash your children's hands often, especially before eating**

## **Do not use older, imported or handmade dishes, for serving, preparing or storing food or drink unless you know that they do not contain lead**

For more information on testing for lead in dishes, call your local health department at 707-784-8070.

## **Be aware and take safety measures if your job or hobbies use lead**

You may work with lead if you:

- Make or paint ceramics
- Remove old paint
- Tear down or remodel houses, buildings, tanks, ships or bridges
- Make or fix batteries
- Fix cars or make car parts
- Melt, cast, or grind lead, brass, or bronze
- Make or fix radiators
- Solder
- Work with scrap metal
- Work at a shooting range
- Assemble computers with lead solder
- Work with plumbing
- Make stained glass
- Make fishing lures and sinkers.

This is not a complete list. There are many other jobs where lead can be dangerous. If you do not know whether you work with lead, ask your employer.

## **Do not use home remedies or cosmetics that contain lead, for example: Azarcon, Greta, Pay-loo-ah, Alkohol, Ghasard, Bali Goli, Kandu, Kohl (Alkohol), Surma and Sindor**

These powders may contain a lot of lead and can be dangerous for children, pregnant women and other adults.

## **Get your children tested for lead**

Most children who have lead poisoning do not look or act sick. The only way to know if your child has lead poisoning is to have your doctor give your child a blood test for lead.

At risk children should be tested at 1 and 2 years old for lead poisoning. Also, children should be tested if they are between the ages of 1 and 6 years and have not been tested for lead before.

Who's at risk?

**Children under 6 years old and fetuses are at greatest risk of harmful health effects from lead poisoning.**

Children who live or spend significant amount of time in pre-1978 housing or buildings with paint in poor condition or undergoing renovation may be exposed. Also, children in publicly supported programs such as Medi-Cal, CHDP and Women, Infant and Children (WIC) are at greater risk.

Children exposed to lead contaminated dust or soil.

For more information, contact the Solano County Childhood Lead Poisoning Prevention Program (CLPPP) at (707) 784-8070.

