








The Facts:

Childhood lead poisoning is a harmful disease.

Children 9 months to 6 years old are most at risk.

Lead poisoning can cause:

-  learning problems
-  problems with behavior
-  mental health problems
-  growth problems
-  your child may have no signs at all!

Lead comes from other places besides paint. A child can “eat” lead if they pick up tiny pieces on their hands from crawling and put dirty fingers in their mouths.

No treatment removes all the lead from the body.

The only way to know if your child has been poisoned is to get them tested.



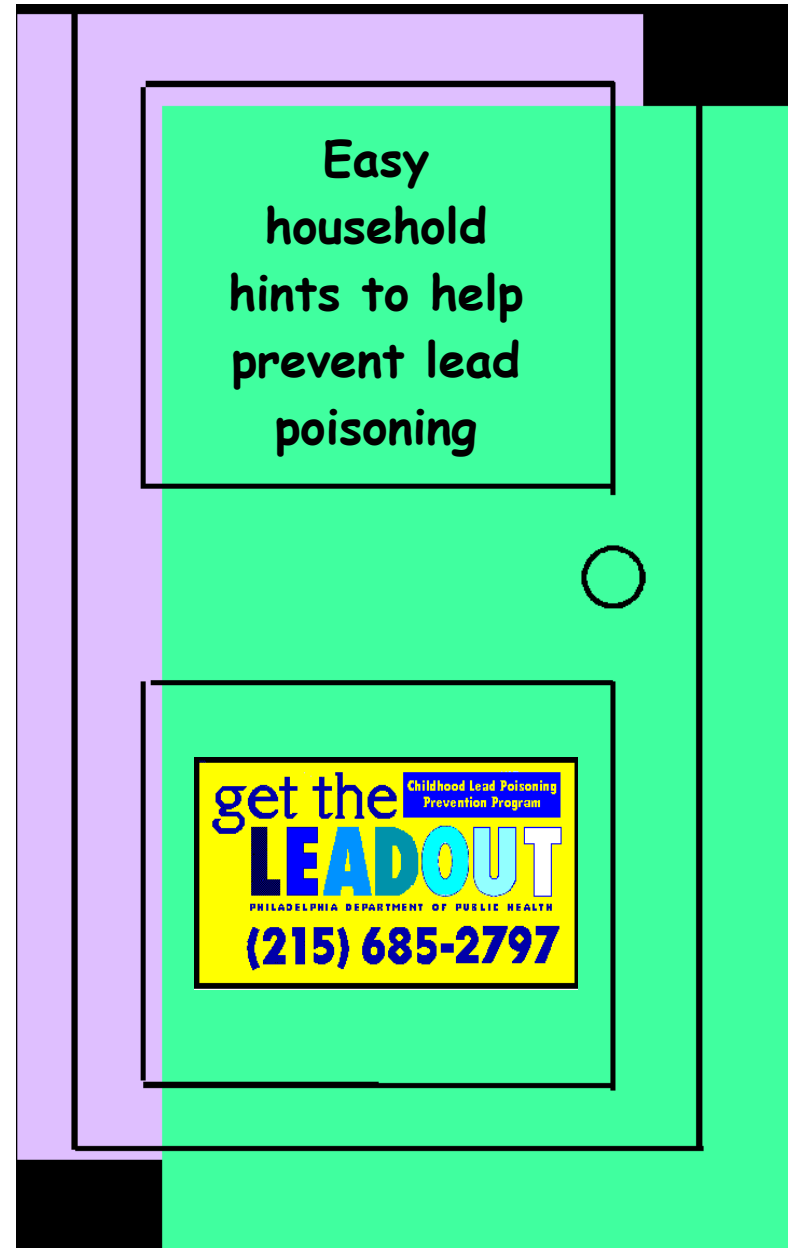
The Good News:

Lead poisoning can be prevented!

Follow the steps inside this pamphlet to reduce the lead in your home!



Reducing Lead in Your Home



Get the Lead *Out* of Your Home!!



Clothes: Some jobs leave lead on your clothes. Leave these clothes at work. Do not wash work clothes with other clothes.



Hands and Faces:

Wash your child's hands often to remove lead dust.



Paint:

Clean up loose paint chips. Keep your child's bed or crib away from painted surfaces. Get a lead expert to help remove old paint.



Toys:

Always wash things your child plays with often.



Dishes: store food only in un-painted glass or plastic. Do not use pottery or painted dishes.

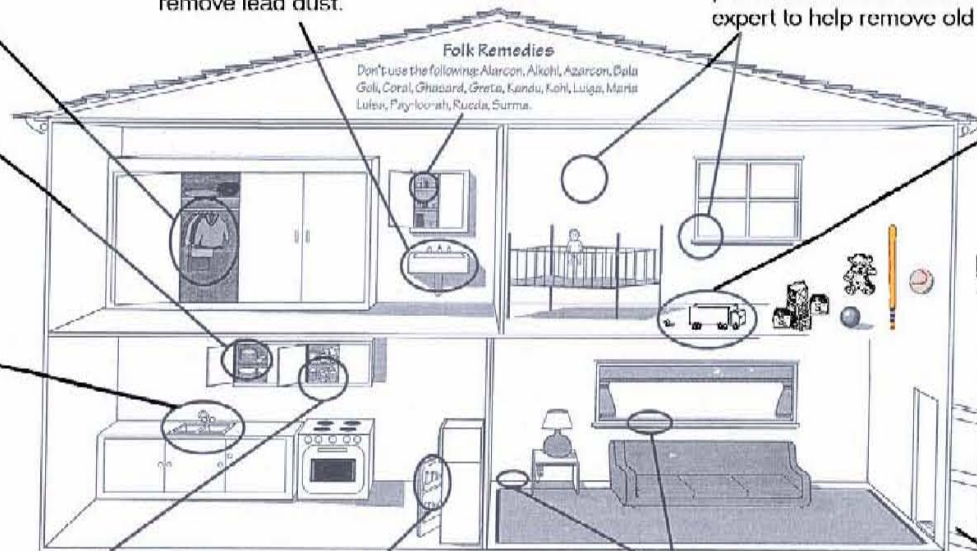


Water:

Always run water until it gets very cold, before using. Only use very cold water for drinking or cooking.



Cans: Never store food in open cans



Folk Remedies
Don't use the following: Alarcon, Aikohi, Azarcon, Bala Geli, Coral, Ghasard, Greta, Kandu, Kohi, Luisa, Maria Lutaw, Pay-loorah, Ruzela, Surma.

Food: Feed your child foods high in iron and calcium: meats (lowfat), beans, spinach, tuna, liver, eggs, and greens.



Dust: Wash floors, windowsills & baseboards with a wet mop or rag at least 1 day a week. Do not re-use them. Do not throw away water in the bath tub.



Have your Child Tested:

Test for lead at age 1, 2, and 3 years old. Have at least 1 test by the time they are 5 years old.



Outside: Grow plants or grass to cover soil which may contain lead. Shoes can bring lead into your home.

