

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:



您的孩子有鉛中毒的風險嗎？

檢查您家裡及房子周圍的含鉛物品：



- **油漆：**把您孩子的東西從油漆剝落處移走，並安全地修補剝裂的油漆。
- **家裡的灰塵：**用濕布或拖把清除表面的灰塵或污垢。不要讓孩子啃咬窗台或其它物品的表面。
- **外露的泥土：**在您孩子玩耍的地方，把外露的泥土覆蓋起來。
- **塑膠百葉窗簾：**把舊的塑膠百葉窗換掉；不要讓您的孩子啃咬百葉窗。



- **管道材料：**如果管道材料（包括焊料或供水管道）含鉛，自來水含鉛的可能性更高。為減少對鉛成分的接觸，在用水前先讓自來水流一會兒，直到水龍頭流出冷水為止。烹飪、飲水、或者沖泡嬰兒奶粉（如果使用）時，務必取用冷的自來水。
- **井水：**要想知道您的井水是否含鉛，唯一的方法是做水質化驗。

如欲進一步了解水質化驗，請至：www.epa.gov/lead/protect-your-family-exposures-lead#testdw



- **盤子、罐子及水壺：**避免使用從廉價商店或跳蚤市場買來的、用水晶制作、手工制作或美國境外制作的有磨損或陳年老舊的盤子、罐子及水壺，除非這些物品已被化驗過無鉛毒。



- **食品和香料：**避免使用可能含鉛的進口食品與顏色鮮艷的香料，如烤蚱蜢和薑黃。
- **糖果：**避免接觸被召回的糖果：www.cdph.ca.gov/Programs/CEH/DFDCS/Pages/FDBPrograms/FoodSafetyProgram/LeadInCandy.aspx



- **傳統的化妝品及傳統的偏方藥：**這些產品往往含鉛：蘇瑪 (surma)、阿扎康 (azarcon)、格列塔 (greta)、配盧阿 (pay loo-ah)。在使用這些或其它傳統的化妝品或偏方藥以前（如色彩鮮艷的粉末、中國傳統的偏方藥或阿育吠陀藥方），應請教醫生。



- **玩具：**檢查玩具，看看上面是否有油漆剝離並常常清洗玩具。舊的或塑膠玩具更可能含鉛。避免接觸被召回的玩具：www.cpsc.gov
- **珠寶：**不要讓您的孩子吸吮或玩弄珠寶。
欲知詳情：<https://dtsc.ca.gov/toxics-in-products/lead-in-jewelry/>



- **釣魚鉛墜及含鉛子彈：**不要讓您的孩子接觸釣魚鉛墜或含鉛子彈或外殼。
- **含鉛焊料：**讓您的孩子遠離使用含鉛焊料(如焊接)、彩色玻璃或珠寶製作的活動。



- **從外帶回家的含鉛物質：**不要把含鉛物質從工作場所或業餘愛好活動中帶回家。如果您工作中接觸鉛，在進入汽車或回家之前，先換掉工作服、工作鞋並洗淨全身。
- **房屋整修/修繕項目：**不要在家裡刮漆或油漆打磨，除非您知道您的油漆不含鉛。

欲知詳情，請至：www.cdph.ca.gov/programs/clppb
或打電話給當地“兒童鉛中毒預防計劃”：

