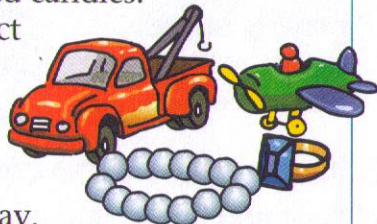


7. Be aware of lead in toys.

- ✓ Toys that are made in other countries and imported into the U.S. may have lead in the paint or plastic. Other children's items that may contain lead include antique toys, play and costume jewelry and imported candies.
- ✓ If you suspect a toy or other item has lead, remove the toy right away.
- ✓ A health care provider can help you decide if your child should be tested for lead.
- ✓ If an imported toy is found to have lead, it will be recalled. You can learn about toy recalls at www.cpsc.gov on the Internet.



8. Find out if lead is a problem in your home.

- ✓ Many older homes and apartment buildings contain lead paint or have plumbing made with lead.
- ✓ Ask about lead before buying or renting a home or apartment.
- ✓ Your state or local health department can test your home for lead paint, and lead in the water. If there is a lead problem, they can tell you who to call to get it fixed.
- ✓ Always test for lead before making repairs or renovations on an older home.

For more information on lead and lead safety, talk with your health care provider. Or call the National Lead Information Center Clearinghouse at 1-880-424-5323 (1-800-424-LEAD).

You can also visit www.epa.gov/lead on the Internet.

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

Written by Kristie Holt.

Designed by Eva Bernstein. Illustrated by Fred Bell.

Special thanks to our medical, professional and audience reviewers.

©2008 Journeyworks Publishing. All rights reserved.

Please do not duplicate. Printed on recycled paper.

Title #5518 ISBN 1-56885-518-4

For ordering information contact:

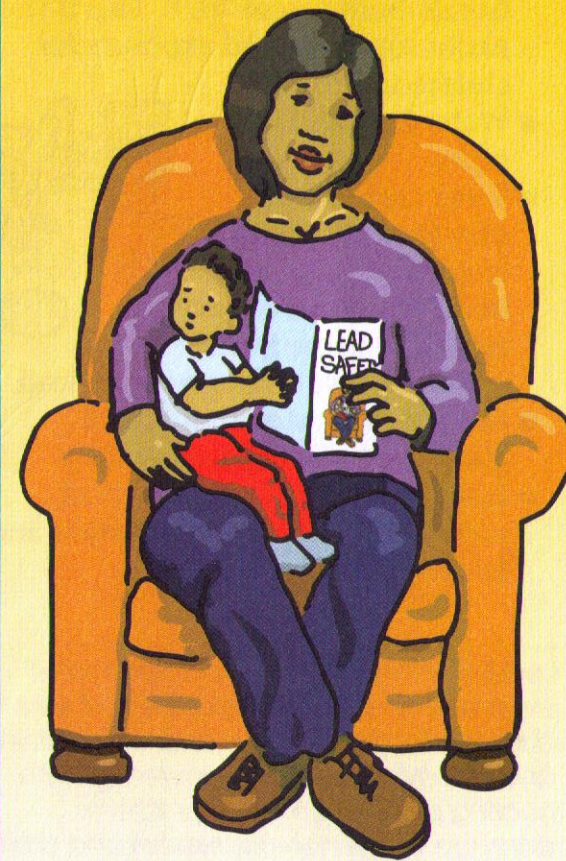
JOURNEYWORKS PUBLISHING

P.O. Box 8466 • Santa Cruz • CA 95061
800 • 775 • 1998 www.journeyworks.com

HOME HEALTHY HOME

Lead Safety

8 Things Everyone Should Know



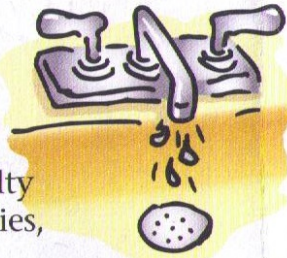
GET THE FACTS

LEAD SAFETY: 8 THINGS EVERYONE SHOULD KNOW

Lead is a metal that was commonly used in paint, water pipes, gasoline and other products before 1978. Even though lead is not used in those products any longer, lead could still be in and around your home.

1. Lead poisoning is serious.

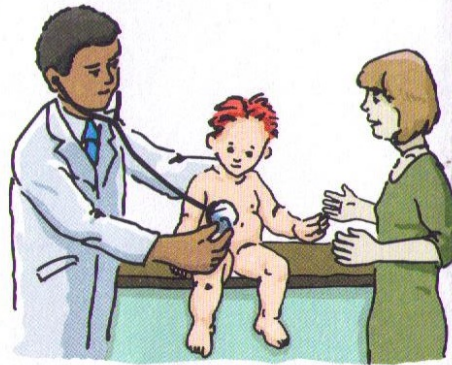
- ✓ People can get lead in their bodies if they put something in their mouths that contains lead or lead dust. Things that may contain lead include:
 - Paint, paint chips or paint dust in homes built before 1978. This is the major source of lead exposure for children in the U.S.
 - Water from old lead pipes.
 - Some costume or play jewelry, painted and metal toys, novelty items and some candies, especially those from countries that do not regulate lead.
 - Food or drink stored in leaded glassware or lead-glazed pottery.
 - Folk remedies that contain lead, such as Greta, Azarcon, Ghasard and Ba-baw-san.



Lead is harmful for adults, children and even unborn babies. In babies and young children, it can cause permanent learning and behavior problems, slowed growth, hearing problems, kidney problems, damage to the nervous system and brain, and even death.

2. Get your children tested.

- ✓ Even children who seem healthy can have high levels of lead in their bodies.
- ✓ Ask your doctor about your state or local lead screening program.
- ✓ Most often, children are checked at ages 1 and 2 years. Children living in homes that contain lead-based paints or have high amounts of lead in the water may be tested sooner and more often.
- ✓ Other family members who may have been exposed to lead at home or work should also be tested.



3. Children who eat enough healthy foods are less likely to get lead poisoning.

- ✓ Make sure your children eat at least three meals a day. Lead is easily absorbed on an empty stomach.
- ✓ Give your children foods high in iron and calcium. These minerals help protect the body from lead. Milk, cheese, peanut butter, fish and lean meat, chicken and turkey are good choices.
- ✓ Avoid giving your children fried and high-fat foods. The body easily absorbs lead when you eat high-fat foods.

4. Wash your hands often.

- ✓ Washing hands will remove lead dust. Wash with soap and water for at least 20 seconds.
- ✓ Teach your children to wash their hands carefully after playing outside, before eating and before sleeping.



5. Keep your home clean.

- ✓ Dust and dirt in and around your home may contain lead.
- ✓ At least once a week clean floors, windowsills, and other surfaces.
- ✓ Keep baby bottles and pacifiers clean. If they fall to the floor, wash them right away.
- ✓ Toys and stuffed animals should also be washed often.
- ✓ Keep clothing and shoes that may have come in contact with lead outside.

6. Repair peeling paint.

- ✓ Never try to remove lead paint yourself. Only a person with special training can safely remove lead paint.
- ✓ If you rent, talk to your landlord about lead and paint concerns.
- ✓ Never let your children chew on painted surfaces like window ledges. Eating any amount of lead from paint chips is harmful.
- ✓ Do not use cribs, playpens and toys that have been painted with lead paint.