

# PREVENT LEAD POISONING

For more information visit <http://www.doh.wa.gov/lead> or call the Washington Poison Center for free, confidential help, with over 200 languages available: (800) 222-1222

## Potential Lead Sources

### LEAD PAINT



In homes built before 1978: Chipped or peeling paint; lead-based paint dust

### DIRT



- Dirt near airports, factories, highways, orchards
- Eating dirt, stones, clay

### COSMETICS



- Surma, kajal, or kohl may contain lead

### HOUSEHOLD GOODS



- Antiques; imported pottery
- Keys, batteries (e.g. in electronics)
- Hobbies (e.g. stained glass, making fishing weights)

### TOYS



- Old painted toys
- Old metal toys
- Costume/bargain jewelry

### TRADITIONAL REMEDIES



Some have been shown to contain lead: greta, azarcon, paylooh, ghasard, bali goli, kandu, ba-bawsan, and daw tway

Lead poisoning can seriously harm a child's health.

## Protect Your Children

### Cleaning

Simple steps for a clean home can help keep your children safe.

#### LIMIT DUST



- Keep shoes by door
- Change clothes if you are exposed to lead at work

#### WASH



- Wash hands, toys often
- Use soap and water

#### DAMP CLEAN



- Use water, damp cloths, wet wipes, liquid cleaners
- If you can, vacuum with a HEPA filter vacuum

### Nutrition

A healthy diet can help protect your child from the harmful effects of lead.



**Iron**



**Calcium**



**Vitamin C**

**Examples:**  
Poultry, meat, fish, eggs, beans, lentils, leafy greens, fruit, milk, cheese, yogurt

- Repeat blood testing 3-6 months from first test for ALL newly arrived refugee children.
- Look for sources of lead at home, child care, school, or work.
- Talk to your doctor about blood lead testing if you have young children or are pregnant.

