



Simple things to do to help protect your child from lead poisoning

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, 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

Take a shower before coming home if you work with lead at your job. 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 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. If the work is not done the right way, lead dust can scatter and poison your family, pets, neighbors and workers.

Encourage healthy eating habits

Each day, give your child:

3-4 Foods high in calcium for strong bones and teeth: milk, soy milk, cheese, yogurt, broccoli, tofu, corn tortillas, sardines, spinach, low-fat custard, and calcium enriched orange juice.

3-4 Foods high in iron for strong blood: beef, chicken, turkey, tuna, eggs, dried beans, raisins, peanut butter, cereals with iron, tofu, dark green leafy vegetables, collards, kale, dried fruit, and mustard greens.

3-4 Foods high in Vitamin C for better absorption of foods with iron: oranges, tomatoes, grapefruit, limes, bell peppers, berries, papaya, jicama, and broccoli

Remember: younger children need smaller serving sizes.

To help your child keep a healthy weight, serve fewer high-fat foods such as fried foods, chips, ice-cream, candy and snack crackers.

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.

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

You may work with lead if you:

- Make or fix batteries
- Fix cars or make car parts
- Melt, cast, or grind lead, brass, or bronze
- Make or fix radiators
- Make or paint ceramics
- Remove old paint
- Tear down or remodel houses, buildings, tanks, ships or bridges
- 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 obviously 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.

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.

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

