

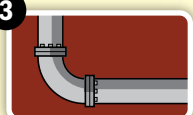





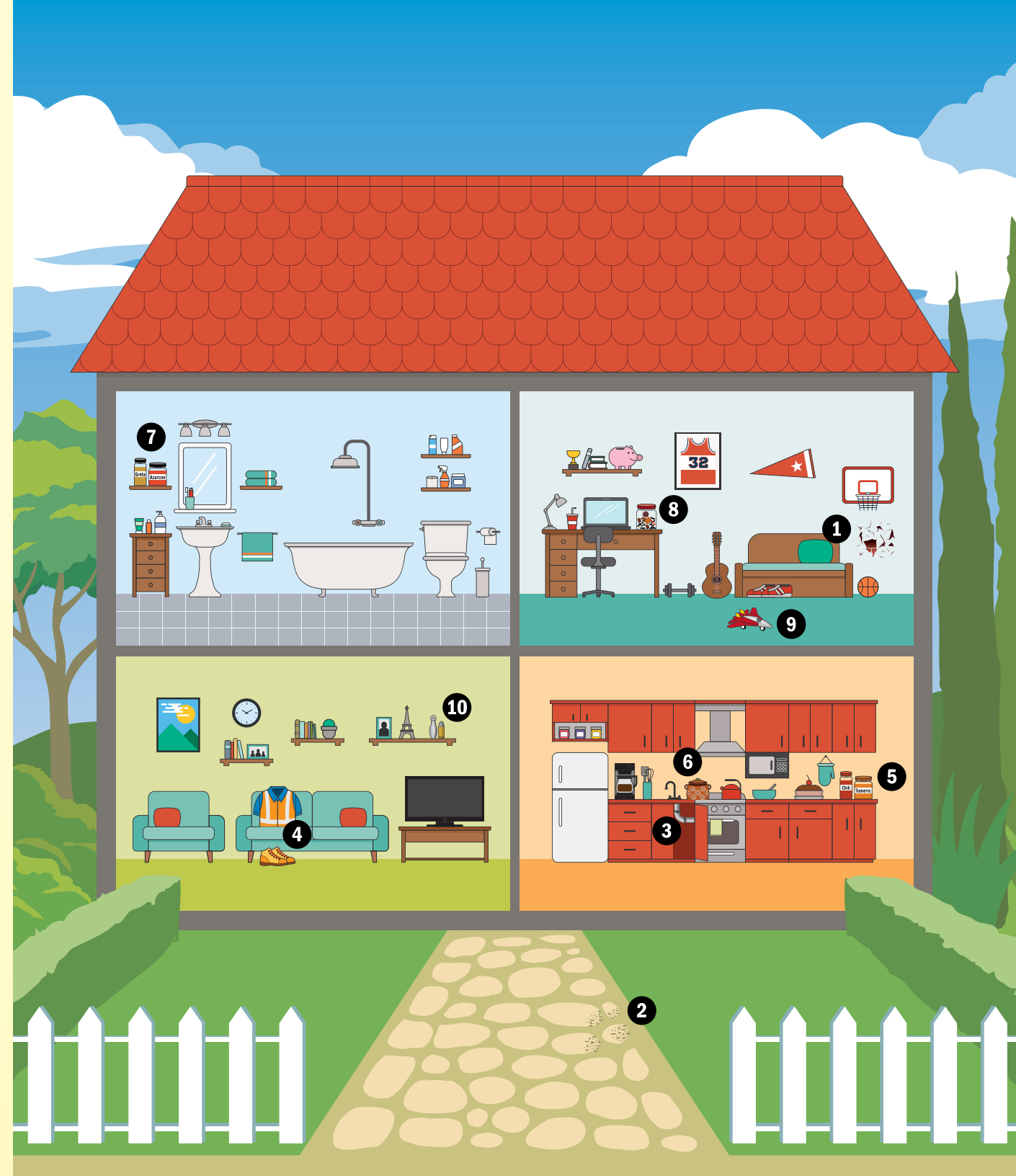
Making Your Home Lead-Safe for Your Child







10 Tips for Reducing Lead Sources at Home:

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Peeling or deteriorated paint in older homes: Wet-mop and wet-wipe house dust, and be sure to wash your child's hands and toys often. Keep cribs and other children's toys away from window sills or peeling paint. Use lead-safe work practices to repair your home. If your home was built before 1978, lead in your paint may get into your dust. Lead dust may also be tracked into the home from soil contaminated by leaded gasoline or industrial emissions.
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Bare dirt outside: Cover bare dirt where children play with grass, plants, bark, or gravel.
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Plumbing containing lead/lead pipes or fixtures: 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).*
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Work clothes and shoes if household members work with lead: If you work with lead, change out of work clothes and shoes and wash up before getting in your car or going home. Some jobs and hobbies involving lead include battery recycling, construction, stained glass making, and time spent at a shooting range.
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Some foods and spices: Avoid imported foods and especially brightly colored spices brought to the U.S. from other countries by family and friends, such as chapulines, turmeric, khmeli suneli, or dried chili powder.

 *** Water saving tip:** Collect your running water and use it to water plants not intended for eating.



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Some ceramic dishware: Avoid using dishes, pots, or water crocks that are worn or antique, from a discount or flea market, handmade, or made outside of the U.S., unless they have been tested and don't have lead.
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Traditional remedies, cosmetics, or ceremonial powders. Talk to your doctor if you use Ayurvedic or Chinese medicines, remedies like Azarcon, Greta, Paylooh, or other traditional remedies, or traditional cosmetics like Kohl, Surma, or Sindoor. These items may have lead.
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Some candy: Avoid giving your child sweets. Some candies from outside the U.S. may have lead, especially those with dried chili or tamarind. Fresh fruits and vegetables and lean meats are healthier choices.
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Some toys, jewelry, and other objects: Keep jewelry out of your child's hands and mouth. Check toys for peeling paint and wash them often. Old or vinyl toys are more likely to have lead. Avoid recalled items: www.cpsc.gov.
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Bullets and fishing sinkers: Do not let your child touch lead fishing sinkers or lead bullets or casings. Always wash up after handling these items.

For more information about childhood lead poisoning prevention, visit www.cdph.ca.gov/Programs/CLPPB or contact:

California Department of Public Health
Childhood Lead Poisoning Prevention Branch



Healthy Homes Ventura County
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www.vchca.org/hhvc