

# PREVENT LEAD POISONING

## 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, paylooah, ghasard, bali goli, kandu, ba-bawsan, and daw tway

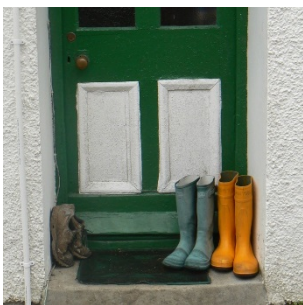
Lead poisoning can seriously harm a child's health.

## 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

- 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.



Creating Safe and Healthy Homes

Neighborhood Services Department

(602) 534-4444

[www.phoenix.gov/nsd/lead-safe-phoenix](http://www.phoenix.gov/nsd/lead-safe-phoenix)

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