

# LEAD

## A SILENT POISON



### HOME REMEDIES

**Lead Poisoning** Lead can harm a child's brain and other organs. Lead is most harmful to children because of their smaller growing bodies. Even children who look healthy can have high levels of lead in their blood. Pregnant women and their unborn babies are also at high risk because a pregnant woman's body absorbs more lead, and this lead can harm her baby.



### Convulsions

**Health Risks** Even a small amount of lead can be harmful. Low levels of lead can cause problems with learning, hearing, growth, and behavior. High levels of lead can cause serious brain damage, convulsions, coma, and even death.

**Where To Find Lead** Lead paint in older homes is the most common source of lead poisoning. Dust from peeling paint or remodeling can get on a child's hands, toys, or other objects that a child puts in his/her mouth. Dust from leaded paint can also be in soil. The home remedies azarcon and greta and imported pottery with lead are common sources in Arizona. Some imported plastic miniblinds contain lead. Lead dust can be carried home from workplaces, such as radiator shops, smelters, construction or demolition sites, painting projects, battery manufacturing or recycling, and metal salvage and recycling. Lead is used in some hobbies, such as making stained glass, ceramics, and fishing sinkers, as well as making and reloading bullets. Lead can get in drinking water from pipes in older homes, however, this is not common in Arizona.

**What Can You Do?** Ask your doctor about a blood lead test for your child. A blood lead test is the only way to find out if a child has lead poisoning. In the meantime, take steps to protect your child from lead.

### Hearing Loss



### Lead Poisoning

#### How to Protect Your Child From Lead

- Do not remove lead paint yourself. Sanding or scraping lead-based paint may contaminate your home further. Homes built before 1978 may contain lead-based paint.
- Do not use the powders azarcon or greta for treating stomach illnesses, like empacho. Do not allow healers or other family members to give your children these powders. The powders are usually mixed with olive oil and are given to the child by spoon.
- Do not use imported, old, or handmade pottery for cooking or storing food or beverages, unless you are certain that it does not contain lead.
- Keep your home as dust-free and clean as possible, especially where children play. Wet mop floors and wipe windowsills and cribs with warm soapy water.
- Do not let children eat dirt. Do not let them eat food that has fallen on the ground or floor.
- Have children play in clean sand or in grassy areas. Bare soil may contain lead, and the soil sticks to fingers and toys.
- Wash children's hands often, especially before eating and sleeping and after playing outside. Wash toys and pacifiers often.
- Feed children foods high in iron and calcium. Avoid high fat junk foods such as chips and candy. A healthy diet helps the body to absorb less lead.
- Do not bring lead dust home from work. If you work with lead, shower and change into clean clothes and shoes before leaving the workplace. Wash work clothes separately from other laundry. Wipe your feet before entering the home.
- Call the Arizona Department of Health Services at (602) 230-5830 or toll-free at 1-800-367-6412 for more information on lead poisoning prevention.

#### Ask your doctor for a lead test.

Make sure your family is safe from "lead... the silent poison".  
Edward James Olmos

Actor, producer, director, activist, creator of *Americanos* Latino Life in the United States



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