PREVENT LEAD POISONING
Lead poisoning can seriously harm a child’s health.

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 (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 payloah, ghasard, bali goli, kandu, ba-baw-san, and daw tway.

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

Cleaning
LIMIT DUST  WASH  DAMP CLEAN

Simple steps for a clean home can help:
Keep shoes by the door.
Change clothes if you are exposed to lead at work.
Wash hands and toys often with soap and water.
Use water, damp cloths, and wet wipes, not dry dusting.
If you can, vacuum with a HEPA filter vacuum.

Nutrition
IRON  CALCIUM  VITAMIN C

A healthy diet can help protect your child from the harmful effects of lead.
Provide a variety of foods rich in iron, calcium, and vitamins. Examples include poultry, meat, fish, eggs, lentils, leafy greens, fruit, milk, cheese, yogurt.