

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

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PREVENT LEAD POISONING

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.

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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.

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