

Facts about Lead Poisoning

Lead Poisoning

Lead is a material that can be found in many places, such as older paint, soil, air and some types of pottery. When lead gets in the body, it can be harmful. This is called “Lead Poisoning”.

Lead is especially harmful to small children, pregnant women and people with high blood pressure.

Lead Can Be Found in:

- Paint on the outside of older homes.
- Paint covering walls and floors of mostly older houses and apartments
- Some old toys, furniture or cribs
- Some cosmetics and on some jewelry
- Some imported food cans
- Clothing worn by people who work with lead in jobs such as:
 - *Furnace and radiator workers*
 - *Painters*
 - *Pottery and ceramic makers*
 - *Recyclers*
- Homes and soil by roads and freeways because of car fumes
- Homes and soils near industries that use lead
- Some ceramic dishes and pottery, such as traditional, low-fire Mexican ceramics
- Some home remedies, like azarcon and greta that are used for stomach problems
- Solders joining lead or copper water pipes
- Tap water in homes with lead water pipes or copper pipes joined with lead solders

**If you have any questions,
contact the local health department, your doctor, or medical clinic.**

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Preventing Lead Poisoning

Small children are at higher risk of lead poisoning. Children that have lead poisoning may not act sick, but may have problems learning and pay attention. Lead can slow their growth and cause brain damage. If treated early, their development can be improved.

When someone has lead poisoning, s/he may show no signs of problems or may have anemia, bad stomach pain, headaches, constipation, feel tired and irritable, have little appetite, and/or have problems sleeping.

How to Reduce the Danger of Lead Poisoning

- Have children wash their hands before eating, and after playing outside.
- Do not put cribs, playpens, beds or high chairs next to areas where paint is chipping.
- Do not use home remedies, such as greta or azarcon.
- Feed children regular and healthy meals. Meals should include a variety of foods, such as: fruits, vegetables, milk, cheese, yogurt, meat, chicken, iron-fortified cereals, raisins and dried fruit.
- Do not use low-fired, handmade ceramic and pottery dishes to cook, serve or store foods.
- Keep your home as clean and free of dust as possible.
- If you think your home has lead-based paint, send samples of the chipped paint to your local Department of Health Services.
- Never sand, burn or scrape paint unless you know that it does not contain lead.
- Change out of work clothes and take a shower if you work with lead at your job.
- Let cold tap water run for 30-60 seconds before drinking it or using it for cooking.
- Use cold tap water and heat it. Do not drink hot tap water.

Lead Poisoning can be prevented by routine screening and education.