LEAD POISONING
CAN BE PREVENTED

Some Do’s & Don’ts

FOR MORE INFORMATION
Contact your child’s doctor or your local health department. A list of health departments by county is at: http://www.ncahb.org/directors/.

Additional resources are available at the NC Department of Health and Human Services, Division of Public Health, Environmental Health Section, Childhood Lead Poisoning Prevention Program, http://ehs.ncpublichealth.com/hbccehb/cehu/index.htm#clppp or 1-888-774-0071.

LEAD POISONING CAN BE PREVENTED

TAKE ACTION TO PREVENT LEAD POISONING

- Test Kids for Lead
- Eat Healthy Food
- Wash Hands and Toys
- Wet Clean
- Leave Shoes at Door
- Hire a Professional

Some Do’s & Don’ts

Do all that you can to protect your child from becoming lead poisoned.

- Use Safe Drinking Water
  - Have your water tested for lead.
  - Do not drink, cook, or make baby formula with your tap water if it contains lead.
  - Reduce levels of lead in your water by flushing pipes after six hours of nonuse and always use cold water for drinking, cooking, and making formulas and juices.

- Hire a Professional
- Wet Clean
- Leave Shoes at Door
- Eat Healthy Food

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HELP YOUR CHILD AVOID THESE SOURCES OF **LEAD**

- House and car keys
- Workers exposed to lead
- Imported candy
- Vinyl or plastic mini-blinds
- Toys and toy jewelry
- Lead paint outside older homes
- Lead paint inside older homes
- Fishing and hunting supplies
- Lead-glazed pottery
- Lead pipes and drinking water
- Unsafe home repair
- Imported spices

Some herbal drinks and teas as well as home remedies like Azarcon, Ba-Baw-San, Daw Tway, Daw Kyin, Ghasard, Greta, and Paylooah may contain lead.

Some items used for worship, like kumkum, sindoor, and eye make-up such as kohl, kajal, al-Kahal, surma, tiro, tozali, and kwalli may contain lead.