

Lead A Silent Poison



Handmade Pottery



Home Remedies



Occupational Exposure



Peeling Paint

For further
Information
Please Contact:

Arizona
Department of
Health Services
1-800-367-6412

Or visit our
website:
[www.azdhs.gov/
phs/oeh/invsurv/
lead/](http://www.azdhs.gov/phs/oeh/invsurv/lead/)

Tips for keeping your child lead-safe

Lead Poisoning is a condition caused by swallowing or breathing in lead dust. It can affect children, adults and pregnant women who can pass it on to their unborn child.

Health Effects include:

- Slowed development
- Learning and behavior disabilities
- Brain, liver and kidney damage
- Hearing loss
- Convulsions
- Death

Some Sources Of Lead Poisoning:

- Peeling or chipping paint - from pre-1978 housing
- Home remedies - *Azarcon* & *Greta*
- Cooking or storing food in homemade clay pottery
- Bringing home lead dust from occupational exposures - car & radiator repair workshops, Battery Manufacturing, remodeling or demolition of old houses, mines and smelters, scrap yards
- Hobbies - making ceramics, reloading bullets, and shooting ranges
- Water - from Pre-1930 pipes
- Soil - from external peeling/chipping paint
- Toys and Mexican style candy

What Can A Parent Do?

1. **Get a blood test** for Children under 6 years of age and if you are pregnant
2. **Wash your hands** before eating, before handling your child and after working with ceramics or metals
3. **Wash** your child's bottles, pacifiers and toys to reduce lead dust
4. **Do not let your child chew** or mouth on painted surfaces OR eat dirt
5. **Keep your home dust free by** washing floors and window-sills
6. **Give your child healthy foods** rich in *Iron* (eggs, dried beans, or red meats), *Calcium* (milk, cheese, or yogurt) and *Vitamin C* (citrus fruits, green peppers, or tomatoes)
7. **Do not track** in dust and dirt from outside
8. **Shower and put on clean clothes** and shoes before coming home if your workplace has lead
9. **Do not store** battery, radiators or scrap metals at home

A Simple Blood Test is All You Need

Ask your doctor