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.ncahd.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/ehccheb/cehu/index.htm#clppp or 1-888-774-0071.

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
- 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.

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

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HELP YOUR CHILD AVOID THESE SOURCES OF LEAD

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

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.