



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 paying attention. Lead can slow their growth and cause brain damage. If treated early, their development can be improved.

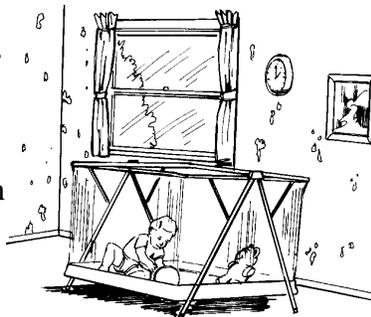
When someone has lead poisoning he may show no signs of problems or may have anemia, bad stomach pain, headaches, constipation, feel tired and irritable, have little appetite, and have problems sleeping.

How to Reduce the Danger of Lead Poisoning

- Have children wash their hands before eating, and after playing outside.



- To prevent your child from eating paint that may contain lead, do not put cribs, playpens, beds, or high chairs next to areas where paint is chipping.



- To protect your child, do not use home remedies, such as greta or azarcón.
- Feed children regular and healthy meals. Meals should include a variety of foods, such as: fruits and vegetables, milk, cheese, yogurt, meat, chicken, iron-fortified cereals, raisins and dried fruit.

- ◆ Do not use low-fired, hand-made 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 the tap water run for 30-60 seconds before drinking it or using it for cooking. It is not a good idea to drink hot tap water. Use cold water and heat it.

Lead poisoning can be prevented by routine screening and education.