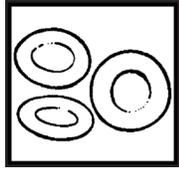
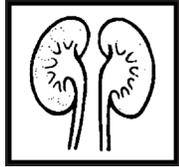


## Lead is poison to:



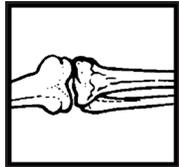
Red blood cells



Kidneys



Reproductive organs



Bones



The brain



Children, especially those under 6 years of age



Even children who are not yet born!

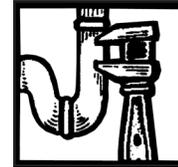
## Lead is found in:



Some peeling paint



Batteries



Lead pipes



Bullets and lead weights



Folk remedies



Food grown in contaminated soil



Lead-glazed pottery or pewter dishes

## You can protect your children!

- ▶ Have your child's blood tested for lead.

### *Peeling Paint*

- ▶ Cover areas that have peeling paint with paneling, wallpaper or sheet-rock.
- ▶ Do not remove peeling lead-based paint yourself. Lead dust can be deadly if you breathe it in.

### *Food*

- ▶ Feed your child three healthy meals and two nutritious snacks each day. Your child's stomach absorbs more lead when it is empty.
- ▶ Give your child foods high in iron (like beans, fortified cereals and raisins) and calcium (like milk, yogurt and cheese). Calcium and iron help keep lead out of your child's blood.
- ▶ Wash fruits and vegetables before eating. Wash hands before meals.
- ▶ Do not use water from the hot tap for drinking, cooking or preparing infant formula.
- ▶ Do not cook or store food in cans, pottery, ceramics or leaded crystal. Some cans have seams made with lead. Some pottery (including Mexican bean pots), ceramics and crystal also contain lead.

### *Other*

- ▶ Do not let your children play near abandoned autos or with automobile batteries or radiators.
- ▶ Plant grass and shrubs over bare dirt in the yard.
- ▶ Damp mop floors often and clean surfaces with a strong household cleaner.

## Who can I call if I have questions about lead?

- ▶ Your local health department
- ▶ Your doctor
- ▶ Texas Childhood Lead Poisoning Prevention Program at **1-800-588-1248**

