



# Consuming Lead-Free

## What is lead poisoning?

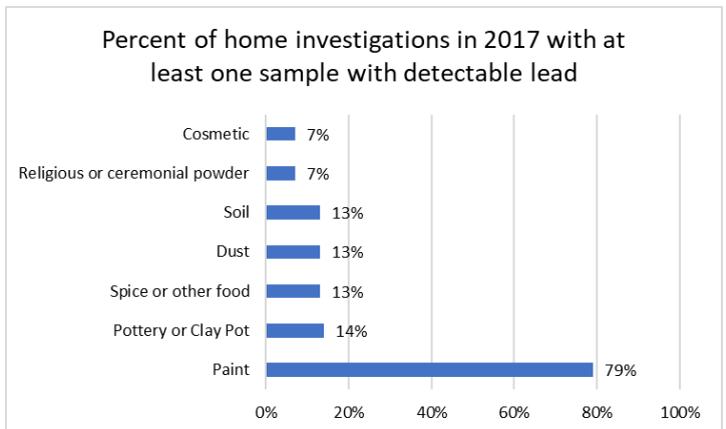
Lead poisoning happens when you swallow or breathe in lead. Once in your body, lead can begin to affect your health. A person with lead poisoning may not look sick, or their symptoms may be confused for other conditions. There is no safe level of lead a person can have. Lead poisoning is 100% preventable.

## Lead in our products

When we think of lead poisoning, we often think of painted surfaces. While paint is a common source of lead poisoning, it's not the only source. Lead is found in everyday items. DSHS Certified Lead Risk Assessors have found lead in pottery, spices, cosmetics, and religious/ceremonial powders.

## What do I do if I think my products or items may contain lead?

Stop using them. Check with the Consumer Products Safety Commission for a list of recalled toys. Make sure that children in your home do not have access to items that may contain lead.



***Lead is more common than we think. It only takes a low level of lead to cause serious health problems in children.***

## FACTS ABOUT LEAD IN EVERYDAY ITEMS



### Pottery and Clay Pots

Traditional pottery and clay pots often use lead to make the colors stand out and to get a smooth, glossy finish. When you use these items, lead can leach into the food.



### Spices and Other Foods

Spices sold in bulk can contain lead to increase their weight or to make their color brighter. Imported candies can also contain lead. Eating or using these items, especially if imported, can put you at a higher risk of lead poisoning.

### Cosmetics

Cosmetics manufactured in the United States no longer use lead. But imported items like kohl, kum kum, or surma can contain high levels of lead.



### Religious and Ceremonial Powders

Some religious and ceremonial powders use lead to make the colors brighter. Items like sindoor or powders used in Holi can contain lead. The dust created by these powders can expose you to lead. Henna, used for ceremonial decoration, can also contain lead.



### Folk Remedies and Medicines

Items used for stomach aches, digestive problems, and headaches often contain lead. These items have many names, like Alarcon, Azarcon, Coral, Luiga, or Greta. These remedies and medicines can be up to 100% lead. Using them can cause serious health problems. Other items, like bracelets to ward off the evil eye, can contain lead if there are metal beads or clasps. Small children can chew on these parts and swallow lead.



### Toys & Toy Jewelry

Plastic, metal, and painted parts of toys and toy jewelry can contain lead. Wearing and playing with toys and toy jewelry won't cause lead poisoning. However, sucking, chewing, and swallowing toy jewelry these items can.