

Preventing Lead Poisoning

Do:

- Eat a diet rich in vitamin C, iron, and calcium. This prevents your body from absorbing and storing lead in the body.
- Mop floors with string or sponge mops.
- Wipe window sills with a wet rag or paper towel.
- Use high efficiency particulate air filter (HEPA) vacuums for carpets and rugs.
- Wash surfaces weekly.
- Wash your child's hands often, especially before eating and sleeping.
- Cover bare soil with grass, mulch, or a cover.
- Remove toys and toy jewelry that have been recalled.
- If you work with lead:
 - Shower and change your clothes and shoes before going home or getting into your car.
 - Wash your work clothes separately from your family's laundry.

Don't:

- Perform renovations on areas that haven't been tested for lead. Dry scraping or sanding down areas can release potential lead dust.
- Let your child chew on painted surfaces or eat paint chips. Lead-based paint can be sweet, making it appealing to children.
- Use glazed pots and dishes that are antiques, handmade, or brightly colored. Pottery can contain lead-based glaze, which can release lead into prepared food.
- Use glazed pots and dishes bought in flea markets or street vendors. These items may have a lead-based glaze. Only buy dishes from a trusted store.

Helpful Links and Information

There are resources to learn more about lead and how to prevent lead poisoning. The EPA, CDC, and NIOSH keep updated materials ready for parents, employees, and the public.

- epa.gov/lead
- cdc.gov/nceh/lead
- cdc.gov/niosh/topics/lead

Texas Health and Human Services Commission (HHSC) runs the 2-1-1 program. 2-1-1 provides information about health and medical services for the state of Texas.

You can dial **2-1-1** or **877-541-7905**, or visit **211texas.org**

Contact the Blood Lead Surveillance Branch

Department of State Health Services
Blood Lead Surveillance Branch
Mail Code: 1964
PO BOX 149347
Austin, TX 78714-9347

TexasBloodLead@dshs.texas.gov

dshs.texas.gov/lead

1-800-588-1248

Call our toll-free number for more information

**Lead-Free is the
Way to Be**



TEXAS
Health and Human
Services

Texas Department of State
Health Services

**Learn how to protect your
family from lead poisoning**

Why should I worry about lead?

Lead is a toxic metal that can damage your body. Lead is dangerous for everyone, but especially for young children. Lead poisoning can cause:

- speech and hearing problems;
- behavioral problems;
- inattention and impulsivity.

There is no safe level of lead. Even a low blood lead level can affect a child's health and growth.



How does lead enter my child's body?

Lead enters the body in two ways:

- Swallowing lead dust when eating or drinking.
- Breathing in lead dust.

Younger children are at a greater risk of lead poisoning. They tend to put their fingers and objects in their mouths. If lead dust is on their hands or on objects, they run the risk of ingesting lead.

Lead is Everywhere

Laws and regulations banned the use of lead in products we use. But lead is still a danger for yourself and your family.

Pre-1978 Housing

Older homes often contain lead-based paint. As this paint wears down and chips, it can release lead dust. Young children sometimes eat these paint chips because they are sweet.

Lead-based paint is commonly found on:

- Doorways
- Windows
- Walls
- Fences
- Porches
- Soil near older homes, buildings



Don't Take Home Lead

Lead exposure occurs in many industries like construction and manufacturing. It can also come from our favorite hobbies. Lead can be found in:

- Painting, remodeling, renovation or demolition work
- Battery and radiator repair
- Firing ranges
- Soldering, welding
- Scrap metal operations or foundries



Consumer Products

Clay pots or dishes, crystal glass, and ceramics can contain lead if they are:

- imported,
- antiques, or
- handmade.



Imported cosmetics like kohl, surma, and sindoor can contain high amounts of lead. These items are used in many cultures and can be found online.

It's important to use lead-free versions of these products. You can find lead-free products by looking at the label. If there is no label, or it's not clear if there is lead, do NOT use the product.

Toys and children's jewelry can also contain lead. Paint on these items can contain lead.



Foods, spices, and traditional home remedies can contain lead. Products like azarcon, pay-loo-ah, and liga have high lead content.

Turmeric, chili powder, and imported spices can have a high lead content. Buying labeled products can prevent lead poisoning.