

# LEAD is a Poison!

## Most common sources of childhood lead poisoning

### Damaged paint in homes built before 1979

Cracked or peeling lead-based paint creates paint chips and lead dust that can be accessible to children in the home and through contact with bare soil. Fix damaged paint with lead-safe practices and replace or cover bare soil.



### Unsafe work practices create lead dust

Pre-1979 homes can become contaminated with lead due to improper remodeling. Always hire a lead-certified contractor to do home repairs and renovations. Requiring lead-safe work practices in your home will protect children, pets and the environment.



### Lead dust from work and hobbies

Construction, painting, gardening or recycling centers; as well as, activities like fishing, or making jewelry, pottery or stained glass can track lead dust back to the house. Change clothes and shoes before leaving work and wash your hands and face; shower immediately when you get home.



## Other potential sources of lead

*Some...*

### Imported products

Some consumer products have been found to contain lead, such as:

#### Candies

Instead of candy from Asia & México, consider fruit.



#### Spices

Avoid bright powdered spices from Asia.



#### Home Remedies

Don't use azarcon, greta, and pay-loo-ah.



*and...*

#### Art Supplies

Some children's arts and crafts products are recalled due to violation of paint standard. Unless labeled "Meets ASTM D-4236".



#### Ceramic Ware

Paint and glaze in tableware may have lead. Do not purchase items with Prop. 65 Warning. ⚠️



#### Jewelry & Keys

Metal parts in jewelry and brass keys may contain high levels of lead. Swallowing an item can be fatal.



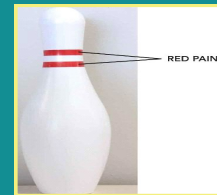
#### Makeup

Some lipsticks and traditional makeup have lead. Avoid kohl, surma, kajal, & sindoor.



#### Toys

Lead has been found in the paint, glaze and metal parts of various toys. Buy US made toys.



#### Cables & Cords

Lead in the plastic coatings may be swallowed. Prevent children from sucking or chewing.



To learn more, visit the  
Consumer Product Safety Commission:  
[www.cpsc.gov](http://www.cpsc.gov)

### Lead Poisoning

- Affects learning & behavior
- Decreases intelligence
- Causes dental cavities
- Decreases hearing ability
- Damages organs

### Take Action!

- Ask your child's doctor to test for lead at the ages of 1&2, or once before the age of 6
- Wash hands with soap and water before and after meals, play, and sleep
- Give your child food rich in iron, calcium, and vitamin C
- Ask your landlord to fix damaged paint and cover bare soil
- Call us for a free home inspection, we'll work with the landlord to fix lead hazards

# It's your child's health—protect it!

For more information, contact: Children's Environmental Health Promotion Program | San Francisco Department of Public Health  
1390 Market Street, Suite 210, San Francisco, CA 94102 | [www.sfdph.org/dph/eh/cehp/lead](http://www.sfdph.org/dph/eh/cehp/lead)

