



# LEAD POISONING CAN BE PREVENTED

## Some Do's & Don'ts



*Do all that you can to protect your child from becoming lead poisoned.*

### FOR MORE INFORMATION

Contact your child's doctor or your local health department. A list of health departments by county is at: <http://www.ncalhd.org/directors/>.

Additional resources are available at the NC Department of Health and Human Services, Division of Public Health, Environmental Health Section, Childhood Lead Poisoning Prevention Program, <http://ehs.ncpublichealth.com/hhccehb/cehu/index.htm#clppp> or 1-888-774-0071.



Updated March 2017

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## TAKE ACTION TO PREVENT LEAD POISONING



✓ Test Kids for Lead



✓ Eat Healthy Food



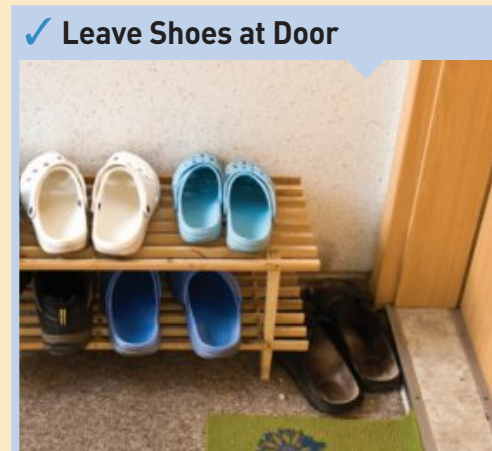
✓ Wet Clean



✓ Wash Hands and Toys



✓ Hire a Professional



✓ Leave Shoes at Door



✓ Use Safe Drinking Water

Have your water tested for lead.

Do not drink, cook, or make baby formula with your tap water if it contains lead.

Reduce levels of lead in your water by flushing pipes after six hours of nonuse and always use cold water for drinking, cooking, and making formulas and juices.



# HELP YOUR CHILD AVOID THESE SOURCES OF **LEAD**



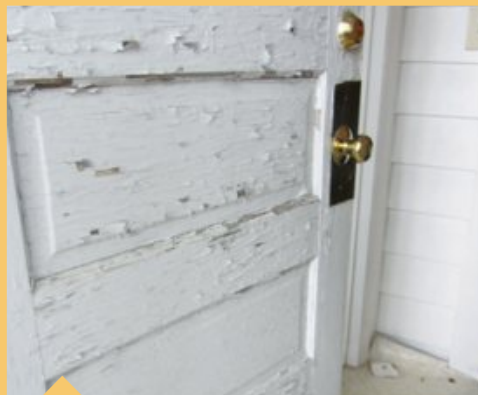
⊘ Lead paint outside older homes

⊘ House and car keys



⊘ Workers exposed to lead

⊘ Imported candy



⊘ Lead paint inside older homes

⊘ Vinyl or plastic mini-blinds



⊘ Lead-glazed pottery

⊘ Toys and toy jewelry



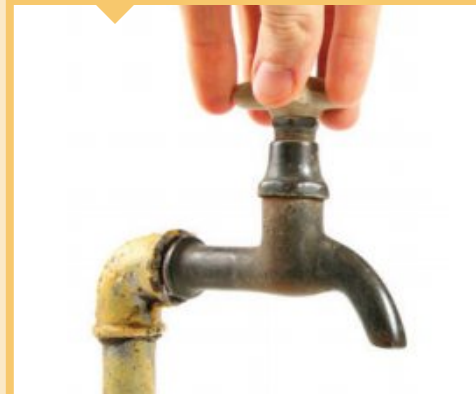
⊘ Unsafe home repair

⊘ Fishing and hunting supplies



⊘ Imported spices

⊘ Lead pipes and drinking water



⊘ Some herbal drinks and teas as well as home remedies like Azarcon, Ba-Baw-San, Daw Tway, Daw Kyin, Ghasard, Greta, and Paylooah may contain lead.

⊘ Some items used for worship, like kumkum, sindoor, and eye make-up such as kohl, kajal, al-Kahal, surma, tiro, tozali, and kwalli may contain lead.