

What is LEAD?

Lead is a metal that can be found in old paint and contaminated dust.

- Lead can cause damage to the kidneys, the nervous system, and the brain.
- Lead is especially damaging to the development of children, both before birth and when they are young.
- It is very difficult to know if your child is exposed to lead. The only way to know if your child has been poisoned is if your doctor does a blood test. Your child should have the test when he or she is 1 and 2 years old.



Where is LEAD found?

Lead can be found in your house if it was:

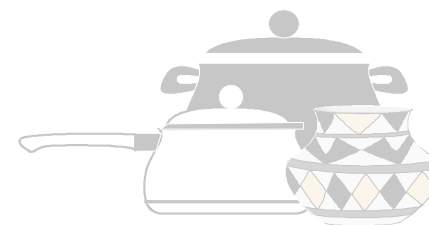
- Built before 1978 when lead was used in paint. Even a little chip of old paint can poison your child.

Lead poisoning in children is caused by:

- Children eating contaminated paint chips, and sucking or chewing on window frames, furniture, or toys that contain lead.
- Children crawling on floors with dust that contains lead.
- Children eating candies and snacks from Mexico that contain lead.

Lead can also be found in foods:

- Lead can be found in foods that come from Mexico like: candies and “Chapulines” a Mexican snack of grasshoppers
- Lead can also be found in clay pots from Mexico. Serving food in these pots can put lead in the food.
- Lead can be found in homemade treatments like greta or azarcón.
- **Avoid cooking, eating, or storing food in pots, jars, jugs, or pitchers made of clay. If you are unsure if they contain lead you can buy a tester from the hardware store.**
- **Avoid candies and snacks that may contain lead, such Vero Mango, Chaca-Chaca, Pelon Pelon Rico, and Pica Limon.**



What can I do to protect my family?

Keep your house clean:

- Use a mop, sponge or towel with warm water to clean your home (especially floors and windowsills).
- Wash your child’s toys.
- Wash your child’s hands often.
- Take your shoes off before coming inside your house.

If the paint on your house is peeling or you are thinking of remodeling:

- Call a state certified lead inspector.
- For a list of inspectors call 1(888)424-5323.
- Also, you can follow the directions from the EPA brochure: “Reducing the risk of lead poisoning.” To get a brochure call the National Lead Information Center at 1(800)424-5323.

DIET

Good nutrition, especially eating enough iron and calcium, is important to protect against the damaging effects of lead.

Foods rich in iron include:

- Red meat
- Dairy products and green leafy vegetables
- Iron enriched cereals and grains
- Dried Fruits

For more information:

National Lead information center
1(800)424-LEAD

California Poison Action Line
1(800)222-1222
anytime, any place
in California

Childhood Lead Poisoning Prevention
Programs (CLPPP)
(510)620-5600

CLPPP in Monterey County:
(831)755-4704

www.epa.gov/lead

Natividad Medical Center
Attn: CHAMACOS
1441 Constitution Boulevard
Salinas, CA 93906

If you have questions,
please contact the
CHAMACOS office:

Telephone: (831)759-6548
Fax: (831)757-3935

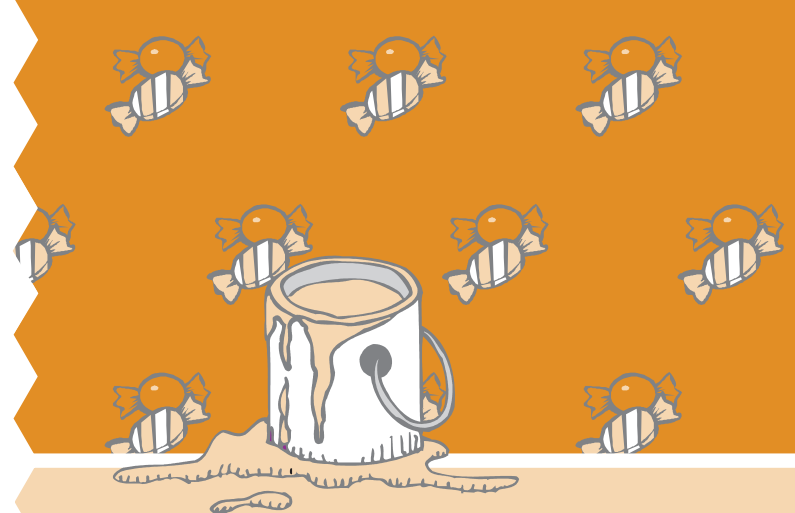


**CENTER FOR THE HEALTH ASSESSMENT OF
MOTHERS AND CHILDREN OF SALINAS**

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PROTECT YOUR FAMILY FROM LEAD POISONING

