

# Potential Sources of Lead: Educating Families to Prevent Childhood Lead Exposure



Potential Sources of Lead	Guidance for Families
<p>Old paint inside or outside the home</p> <p>Most lead paint is in homes built before 1978</p>	<ul style="list-style-type: none"> <li>• Move cribs, high chairs, and playpens away from cracked or peeling paint.</li> <li>• Do not allow children to chew on windowsills or other painted surfaces.</li> <li>• Call local lead poisoning prevention program about testing paint for lead.</li> </ul>
Dust on windowsills, floors, and toys	<ul style="list-style-type: none"> <li>• Wet mop floors and wet wipe windowsills and other surfaces.</li> <li>• Wash toys often.</li> <li>• Wash children's hands before eating and sleeping.</li> </ul>
Dirt outside the home	<ul style="list-style-type: none"> <li>• Cover bare dirt with stones, grass, plants, or gravel.</li> <li>• Wipe shoes or take them off BEFORE going in the house.</li> </ul>
Drinking Water	<ul style="list-style-type: none"> <li>• For cooking or drinking, let water run until cold before using.</li> <li>• Do not use a water crock unless it has been tested and found to be lead free.</li> </ul>
Take-home exposure from shoes/clothing/hair if family member works around lead or performs auto repair at home	<p>Shower and change clothes BEFORE coming home from work, if possible, and BEFORE holding children. Remove work clothes and shoes and store them in a plastic bag. Wash work clothes separately from other clothes.</p>
Some dishes or pots that are worn or antique, from a discount or flea market, made of crystal, handmade, or made outside the USA	<p>Call local lead poisoning prevention program for more information about testing dishes and pots for lead.</p>
<p>Traditional remedies, such as:</p> <ul style="list-style-type: none"> <li>• Azarcon and Greta — orange or yellow powder</li> <li>• Paylooah — red powder</li> <li>• Some Ayurvedic remedies</li> <li>• Some traditional Chinese remedies</li> </ul>	<p>Do not let anyone give "natural" or traditional remedies to your child without talking to your health care provider first.</p>
<p>Some traditional cosmetics &amp; other substances applied to the skin, such as:</p> <ul style="list-style-type: none"> <li>• Surma</li> <li>• Kohl</li> <li>• Sindoor</li> </ul>	<ul style="list-style-type: none"> <li>• Do not use these products on children.</li> <li>• Call local lead poisoning prevention program about testing traditional cosmetics, ritual powders, and other substances applied to the skin.</li> </ul>
<p>Altars for religious ritual containing:</p> <ul style="list-style-type: none"> <li>• Ritual powders</li> <li>• Brass and some other metal, ceramic, or painted items</li> </ul>	<ul style="list-style-type: none"> <li>• Place altars with these types of items in areas not accessible to children.</li> <li>• Don't let children handle or mouth these items.</li> <li>• Use separate cleaning supplies to clean these items.</li> </ul>
Some costume jewelry, amulets, and keys	<p>Do not allow young children to play with, mouth or touch these items.</p>
<p>Some foods and spices, such as:</p> <ul style="list-style-type: none"> <li>• Some candies (especially imported)</li> <li>• Chapulines (grasshopper snacks)</li> <li>• Some imported spices, such as turmeric, chili powder, Khmeli Suneli</li> <li>• Game meat containing lead shot</li> </ul>	<ul style="list-style-type: none"> <li>• Be aware of foods and spices that might contain lead.</li> <li>• Offer children meals and snacks including a variety of vegetables, fruit, legumes, seeds, nuts, whole grains, unprocessed meats, and dairy products or dairy substitutes without added sugar.</li> </ul>
<p>Other items, such as:</p> <ul style="list-style-type: none"> <li>• Fishing sinkers, bullets, pellets, and solder</li> <li>• Some art supplies and sewing chalk</li> </ul>	<ul style="list-style-type: none"> <li>• Keep these items away from children.</li> <li>• Wash hands well after touching these items.</li> <li>• Do not heat, melt, cast or file any metal items at home.</li> </ul>
Spends time at firing ranges	<ul style="list-style-type: none"> <li>• Children who spend time at firing ranges should be tested for lead.</li> <li>• Use lead free ammunition.</li> <li>• Do not eat or drink at a firing range.</li> <li>• When finished shooting, immediately wash your hands and face with soap and water.</li> <li>• Change clothes and shoes before going home and wash those clothes separately.</li> </ul>
Retained bullets and shrapnel	<p>Consult with your healthcare provider about ongoing testing and monitoring.</p>
<p>Lives or spends time near:</p> <ul style="list-style-type: none"> <li>• Major roadways or freeways</li> <li>• A former or current lead or steel smelter</li> <li>• A foundry or industrial facility that historically emitted or currently emits lead</li> <li>• A general aviation airport used by small aircraft</li> </ul>	<ul style="list-style-type: none"> <li>• Tell your healthcare provider if your children live or spend time near these types of roadways or facilities.</li> <li>• Do not let children play or spend time near these types of roadways or facilities.</li> </ul>

Download patient brochures and other childhood lead poisoning resources at:  
<https://www.cdph.ca.gov/Programs/CCDC/DEOD/CLPPB/Pages/prov.aspx>

For additional information about lead poisoning contact:  
 Childhood Lead Poisoning Prevention Branch  
 Tel. (510) 620-5600