


# Childhood Lead Poisoning

Even at low levels, lead can cause irreversible damage to hearing, growth, and development.

 Children can get lead poisoning by breathing in or swallowing dust that contains lead.

For more information contact our Childhood Lead Poisoning Prevention Program at 425-258-8401 [snohd.org/Lead](http://snohd.org/Lead).

## Sources of Lead

Identify and remove sources of lead from your home.

### Home



Lead can be in paint in old homes built before 1978.

- Chipped paint
- Old furniture and toys
- Dirt
- Play or costume jewelry
- Pewter
- Crystal glassware

### Imported Goods



Items brought back from other countries may contain lead.

- Glazed pottery
- Asian, Hispanic, Indian spices
- Mexican candy (tamarindo and chili)

### Home Remedies



Some home remedies may contain lead. These remedies are typically red or orange powders.

- Traditional and folk remedies (Greta, Azarcón, Pay-loo-ah)

### Beauty Products



Imported beauty products from Asia, India, and Africa may contain lead.

- Sindoer, Khol, Kajal, Surma



### Jobs

Jobs such as car repair, mining, construction, and plumbing may increase your exposure to lead. Lead dust can be brought into the home on your skin, clothes, shoes, or other items you bring home from work.

- Car batteries
- Scrap metal/parts
- Ammunition

### Hobbies



Certain hobbies increase your risk of coming in contact with lead.

- Hunting (lead bullets)
- Fishing (lead sinkers)
- Artist paints
- Refinished furniture

### Travel



Traveling outside the U.S. may increase your risk of coming in contact with lead-based items.

- Souvenirs
- Toys
- Spices or food
- Jewelry

## Cleaning

Keep lead dirt and dust out of your home with these helpful tips.



Wash hands



Keep shoes outside



Mop & wet wipe



Use a vacuum with a HEPA filter



Wash toys

Avoid:  
Sweeping  
Dry dusting  
Beating rugs

## Nutrition

These foods can help lower your child's lead level.

### Vitamin C



Tomatoes  
Strawberries  
Oranges  
Potatoes

### Calcium



Milk  
Cheese  
Yogurt

### Iron



Chicken  
Steak  
Fish  
Peas  
Eggs



**SNOHOMISH COUNTY**  
HEALTH DEPARTMENT