

# Are you expecting a child or have a young toddler at home?

Is your home *LEAD* safe?

Lead can be harmful when it gets into the body, especially for young children and pregnant women.

Lead poisoning can cause permanent developmental, hearing, behavioral, and learning problems.



We can be exposed to lead through a wide range of sources.



Young children are most at risk because they are still developing, put everything in their mouths, and absorb lead easily.



## Complete this checklist to find sources of lead in your home.

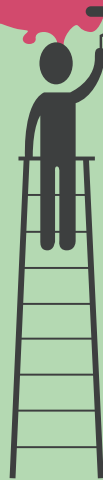


**Was your home built before 1978?**

If yes, then it is likely to contain lead-based paint.

Complete these actions to prevent exposure to lead-based paint.

- Have an EPA-certified professional check home for lead.
- Have an EPA-certified professional repair peeling, chipping, or flaking lead-based paint.  
Sanding or scraping lead-based paint will make hazardous dust.
- Have an EPA-certified professional perform necessary renovations on home.
- Cover bare lead-contaminated soil with vegetation or pavement.
- Establish a cleaning routine.



Lead-based paint is hazardous when it peels, flakes, or chips because it becomes a hazardous fine dust that mixes with household dust.

The Environmental Protection Agency (EPA) regulates laws related to lead-based paint. The EPA trains and certifies contractors to use lead-safe work practices to protect your family from lead. Visit the EPA website to find an EPA-certified professional in Arizona. <http://tinyurl.com/AZEPALeAD>



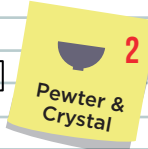



### Cleaning

- ✓ Wet-wipe surfaces and mop hard floors often. No sweeping or dry dusting.
- ✓ Clean carpet and rugs with a vacuum with a HEPA-filter.
- ✓ Keep shoes outside or in the garage.
- ✓ Wash children's hands, toys, bottles, and pacifiers often.

Are there items in your home that may contain lead?



## Check box if you use that item.

<input type="checkbox"/>	 1 Make-up	Imported make-up (Sindoor, Khol, Kajal, or Surma)	<input type="checkbox"/>	 4 Glazed Pottery	Imported glazed pottery
<input type="checkbox"/>	 2 Pewter & Crystal	Lead crystal, pewter, or porcelain	<input type="checkbox"/>	 5 Home Remedies	Home remedies or Ayurvedic remedies (Azarcon, Greta, Pay-loo-ah)
<input type="checkbox"/>	 3 Toys & Jewelry	Older toys or toys purchased in discount stores, costume, or play jewelry	<input type="checkbox"/>	 6 Spices & Candy	Imported candies (tamarindo, chili) or imported spices (turmeric)

**Don't use items that may contain lead and keep them out of reach of children.**



Bare soil or dirt could be contaminated from lead-based paint or by living near an industrial factory, highway, or mine.



### 8 *Leave the Lead!*

- Change clothes and/or shower before you enter your home
- Wash your work/hobby clothes separately
- Keep your work shoes outside or in the garage

Does someone in the home have a job or hobby that involves lead?

- |                                       |                                                     |
|---------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Car repair   | <input type="checkbox"/> Hunting—using lead bullets |
| <input type="checkbox"/> Construction | <input type="checkbox"/> Fishing—using lead sinkers |
| <input type="checkbox"/> Painting     | <input type="checkbox"/> Furniture refinishing      |
| <input type="checkbox"/> Mining       | <input type="checkbox"/> Stained glass              |
| <input type="checkbox"/> Plumbing     | <input type="checkbox"/> Indoor shooting ranges     |

**Avoid bringing lead into your home.**

For more information visit our website at [www.azhealth.gov/lead](http://www.azhealth.gov/lead) or call 602-364-3118.