


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 602-364-3118 azhealth.gov/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.

- Sindoora, 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

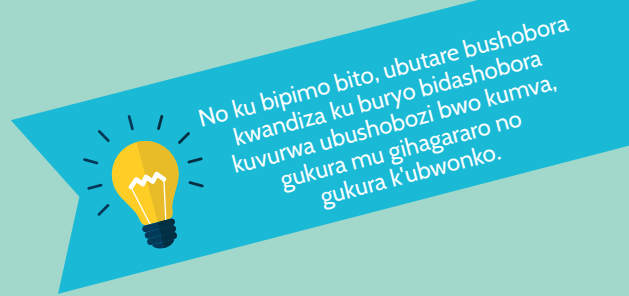
Iron




Chicken
Steak
Fish
Peas
Eggs



Uburozi bw'Ubutare mu Bana



 Abana bashobora kwibasirwa n'uburozi bw'ubutare bahumetse cyangwa bamize ivumbi ririmo ubutare bwa plomb.

Aho Ubutare Buturuka

Mu rugo



Ubutare bwa plomb bushobora kuboneka mu marangi yo mu nzu zishaje zubatswe mbere ya 1978.

- Amarangi yashishutse
- Igyitaka
- Ibikoreho bikozwe mu mabati
- Ibikoreho byo mu nzu n'ibikinisho bishaje
- Imirimbo bikoreye cyangwa yabonejwe
- Ibirahure bibonerana

Ibicuruzwa byakuwe mu mahanga



Ibicuruzwa byagaruwe bivuye mu bindi bihugu bishobora kuba birimo ubutare.

- Ibikoreho bikoze mw'ibumba
- Ibirungo byo muri Aziya, Esipanye n'Ubuhande
- Bombo zo muri Megizike (tamarindo na Chili)

Imiti ikorewe mu rugo



Imwe mu miti ikorewe mu rugo ishobora kuba irimo ubutare. Iyo miti ubusanzwe iba ari ifu y'umutuku cyangwa oranje.

- Imiti gakondo n'iy'abakurambere (Greta, Azarcon, Pay-loo-ah)

Ibyifashishwa mu Bwiza



Ibyifashishwa mu bwiza bwinjijwe mu gihugu bivuye muri Aziya, Ubuhande n'Afurika bishobora kuba birimo ubutare.

- Sindoor, Khol, Kajal, Surma

ISHAKISHA inkomoko y'ubutare munzu, ubuvanemo.

Akazi



Akazi nko gusana, aho bacukurira amabuye y'agaciro no gukora mu by'amazi byongera ibyago byo guhura n'ubutare. Umukungugu urimo ubutare bushobora kuzanwa mu rugo buri ku ruhu rwawe, imyenda, inkweto n'ibindi bintu uzana mu rugo ubikuye mu kazi

- Bateri z'imodoka
- Ibyuma/ibice by'ibyuma
- Amasasu

Ibikorwa ukora uruhuka



Bimwe mu bikorwa ukora uruhuka bishobora kukongerera ibyago byo guhura n'ubutare.

- Guhiga (ukoresheje amasasu y'ubutare).
- Kuroba (ravabo zo mu butare bwa plomb)
- Amabara akoreshwa n'abahanzi
- Ibikoreho byo mu nzu byongeye gusigwa amarangi

Ingendo

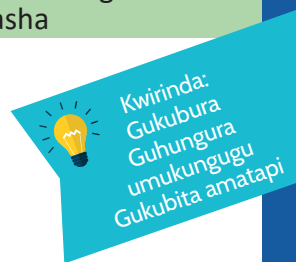


Gukorera ingendo hanze y'Amerika bishobora kongera ibyago byo guhura n'ubutare bwa plomb bitewe no guhura ibintu birimo ibintu bifite ubutare bwa plomb.

- Urwibutso
- Ibirungo byo mu biribwa
- Ibikinisho
- Imirimbo

Gukora isuku

Guhungura umukungugu urimo ubutare no gukura umukungugu mu rugo rwawe ni zo nama zagufasha



Imirire

Ibi biribwa bishobora kugufasha kugabanya urugero rw'ubutare umwana wawe afite.



Inyanya, inkeri, amacunga, ibirayi



Amata, foromaje, ikyivuguto



Inkoko, siteki, amafi, amashaza, amagi

