


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.

- 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



Sumu ya risasi ya utoto

Hata katika viwango vya chini, risasi inaweza kusababisha uharibifu usiobadilika wa kusikia, ukuaji, na maendeleo.



Watoto wanaweza kupata sumu ya risasi kwa kupumua au kumeza vumbi ambalo lina risasi.

Vyanzo vya Risasi

Tambua na uondoe vyanzo vya sumu ya risasi nyambani



Nyumbani

Risasi inaweza kuwa kwenye rangi katika nyumba za zamani zilizojengwa kabla ya 1978.

- Rangi iliyokatwa - Uchafu
- Vyombo vya manjanja
- Vifaa vya zamani na vitu vya kuchezea
- Cheza au vito vya kitamaduni - Vioo vya kioo

Bidhaa zilizoagizwa

Vitu vilivyoletwa kutoka nchi zingine vinaweza kuwa na risasi.

- Ufinyanzi - Pipi ya Mexico (Tamarindo na Chili)
- Viungo vya Asia, Puerto Rico, Hindi

Matibabu ya Nyumbani

Dawa zingine za nyumbani zinaweza kuwa na risasi. Dawa hizi kawaida ni poda nyekundu au rangi ya machungwa

- Tiba za kitamaduni na za watu (Greta, Azarcon, Pay-loo-ah)

Bidhaa za Urembo

Bidhaa za urementu zilizoagizwa kutoka Asia, India, na Afrika zinaweza kuwa na risasi.

- Sindoor, Khol, Kajal, Surma



Akazi

Kazi kama vile ukarabati wa gari, ujenzi wa madini, na mabomba inaweza kuongeza mwangaza wako kwa risasi. Vumbi la risasi linaweza kuletwa nyumbani kwenye ngozi yako, nguo, viatu, au vitu vingine unavyoleta nyumbani kutoka kazini.

- Batterie ya gari
- Chuma chakavu/sehemu
- Risasi

Burudani

Burudani zingine huongeza hatari yako ya kuwasiliana na risasi.

- Uwindaji (risasi)
- Uvuvi (sinki za risasi)
- Rangi za msanii
- Samani zilizosafishwa



Kusafiri

Kusafiri nje ya Merika kunaweza kuongeza hatari yako ya kuwasiliana na vitu vya msingi

- Kumbukumbu - Viungo vya chakula
- Vinyago - Vito vya kujitia

Kusafisha

Weka uchafu na vumbi nje ya nyumba yako na vidokezo hivi vya kusaidia



Osha mikono



Weka viatu nje



Futa na futa mvua



tumia utupu na chujio cha HEPA



Osha vitu vya kuchezea



Epuka: Kufagia Vumbi kavu Kupiga matambara

Afia

Vyakula hivi vinaweza kusaidia kupunguza kiwango cha risasi cha mtoto wako.

Vitamini C



Nyanya
Jordgubbar
Machungwa
Viasi

Kalisiamu



Maziwa
Jibini
Mtindi

Chuma



Kuku
Nyama ya nguruwe
Samaki
Mbaazi
Mayai

