**PREVENT LEAD POISONING**

★ Repeat blood lead testing for ALL children & pregnant women 3-6 months after first screening.
★ Look for sources of lead in your home, daycare, school, or work!

**SOURCES OF LEAD**

**LEAD-BASED PAINT**
- Old homes (1978)
- Chipping/pooping paint
- Toys

**IMPORTED GOODS**
- Pottery for cooking or storing food
- Makeup (e.g. kohl)

**FOLK MEDICINE**
- Greta & azarcon (for stomach illness)
- Bakhoor incense (used to calm infants)

**SPICES**
- Examples: turmeric, coriander, black pepper, thyme

**EATING STONES**
- Stones, paint chips, dirt, clay, chalk
- Common among pregnant women

**CLEANING**

**Wash hands with soap**
**Wash toys**
**Keep shoes outside or by the door**

**AVOID:** Sweeping, dry dusting, beating rugs

**Mop & wet wipe**
**HEPA filter vacuum**

**NUTRITION**

**Potatoes**
**Tomatoes**
**Oranges**
**Cheese**
**Milk**
**Beans**
**Steak**
**Chicken**
**Fish**
**Eggs**

**Vitamin C**
**Calcium**
**Iron**

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

For more information, visit our website at www.azhealth.gov/lead
Phone: 602-364-3118
Email: healthyhomes@azdhs.gov

Last Revised 07/2015