

What are some sources of lead?



Talk to your health care provider if you or your child comes in contact with any of these possible sources of lead.

Possible Sources of Lead	What You Can Do...
<ul style="list-style-type: none"> ◆ Old paint inside or outside the home (most lead paint is in homes built before 1978) 	<ul style="list-style-type: none"> ◆ Move cribs, high chairs, and playpens away from cracked or peeling paint. ◆ Do not allow children to chew on windowsills or other painted surfaces. ◆ Call local lead poisoning prevention program (tinyurl.com/CLPPP-LIST) about testing paint for lead.
<ul style="list-style-type: none"> ◆ Dust on windowsills, floors, and toys 	<ul style="list-style-type: none"> ◆ Wet mop floors and wet wipe windowsills and other surfaces. ◆ Wash toys often. ◆ Wash children's hands before eating and sleeping.
<ul style="list-style-type: none"> ◆ Dirt outside the home 	<ul style="list-style-type: none"> ◆ Cover bare dirt with stones, grass, plants or gravel. ◆ Wipe shoes or take them off BEFORE going in the house.
<ul style="list-style-type: none"> ◆ Drinking Water (tinyurl.com/EPA-LEAD-H20) 	<ul style="list-style-type: none"> ◆ For cooking or drinking, let water run until cold before using. ◆ Do not use a water crock unless it has been tested and found to be lead free.
<ul style="list-style-type: none"> ◆ Take-home exposure from shoes/clothing/hair if family member works around lead on the job or at home, such as auto repair, metalworking, and battery or scrap metal recycling. 	<ul style="list-style-type: none"> ◆ Shower and change clothes BEFORE coming home from work, if possible, and BEFORE holding your child. Remove work clothes and shoes and store them in a plastic bag. Wash work clothes separately from other clothes.
<ul style="list-style-type: none"> ◆ Some dishes or pots that are worn or antique, from a discount or flea market, made of crystal, handmade, or made outside the USA 	<ul style="list-style-type: none"> ◆ Call local lead poisoning prevention program (tinyurl.com/CLPPP-LIST) for more information about testing dishes and pots for lead.
<p>Traditional remedies, such as:</p> <ul style="list-style-type: none"> ◆ Azarcon and Greta – orange or yellow powder ◆ Paylooh – red powder ◆ Some Ayurvedic or traditional Chinese remedies 	<ul style="list-style-type: none"> ◆ Do not let anyone give “natural” or traditional remedies to your child without talking to your health care provider first.
<p>Some traditional cosmetics and other substances applied to the skin, such as:</p> <ul style="list-style-type: none"> ◆ Surma ◆ Kohl ◆ Sindoor 	<ul style="list-style-type: none"> ◆ Do not use these products on your child. ◆ Call local lead poisoning prevention program (tinyurl.com/CLPPP-LIST) about testing traditional cosmetics, ritual powders, and other substances applied to the skin.
<p>Altars for religious ritual containing:</p> <ul style="list-style-type: none"> ◆ Ritual powders ◆ Brass and some other metal, ceramic, or painted items 	<ul style="list-style-type: none"> ◆ Place altars with these types of items where your child can't get to them. ◆ Don't let your child handle or mouth these items. ◆ Use separate cleaning supplies to clean these items.
<p>Some costume jewelry, amulets, and keys</p>	<ul style="list-style-type: none"> ◆ Do not allow your child to play with, mouth or touch these items.
<p>Some foods and spices, such as:</p> <ul style="list-style-type: none"> ◆ Some candies (especially imported) ◆ Chapulines (grasshopper snacks) ◆ Some imported spices, such as turmeric, chili powder, Khmeli Suneli ◆ Game meat containing lead shot 	<ul style="list-style-type: none"> ◆ Be aware of foods and spices that might contain lead. ◆ Offer your child meals and snacks including a variety of vegetables, fruit, legumes, seeds, nuts, whole grains, unprocessed meats, and dairy products or dairy substitutes without added sugar.
<p>Other items, such as:</p> <ul style="list-style-type: none"> ◆ Fishing sinkers, bullets, pellets, and solder ◆ Some art supplies and sewing chalk 	<ul style="list-style-type: none"> ◆ Keep these items away from your child. ◆ Wash hands well after touching these items. ◆ Do not heat, melt, cast or file any metal items at home.
<p>Spends time at firing ranges</p>	<ul style="list-style-type: none"> ◆ Children and adolescents who spend time at firing ranges should be tested for lead. ◆ Use lead free ammunition. ◆ Do not eat or drink at a firing range. ◆ After shooting, immediately wash your hands and face with soap and water. ◆ Change clothes and shoes before going home / Wash those clothes separately.
<p>Retained bullets and shrapnel</p>	<ul style="list-style-type: none"> ◆ Consult with your health care provider about ongoing testing and monitoring.
<p>Lives or spends time near:</p> <ul style="list-style-type: none"> ◆ Major roadways or freeways ◆ A former or current lead or steel smelter, or a foundry or industrial facility that historically emitted or currently emits lead ◆ A general aviation airport used by small aircraft 	<ul style="list-style-type: none"> ◆ Tell your health care provider if your child lives or spends time near these types of roadways or facilities. ◆ Do not let your child play or spend time near these types of roadways or facilities.

鉛來源有哪些？

如果您或您的孩子接觸到下列任何可能的鉛來源，請諮詢您的醫療保健服務提供者。



可能的鉛來源	您可採取的行動...
<ul style="list-style-type: none">房屋內外的舊油漆 (大多數含鉛油漆均存在於 1978 年以前建造的房屋)	<ul style="list-style-type: none">將嬰兒床、兒童高腳椅及嬰兒圍欄搬離有龜裂或脫落油漆之處。請勿讓兒童亂咬窗臺或其他塗有油漆的物品表面。請致電與 當地鉛中毒預防計劃 (tinyurl.com/CLPPP-LIST) 聯絡，以瞭解有關油漆含有鉛檢查的事宜。
<ul style="list-style-type: none">窗臺、地板及玩具上的灰塵	<ul style="list-style-type: none">用濕拖把拖地並使用濕抹布擦拭窗臺和其他表面。經常清洗玩具。在進食和睡覺前為孩子清洗雙手。
<ul style="list-style-type: none">屋外的塵土	<ul style="list-style-type: none">使用石頭、草、植物或碎石鋪在裸露的土壤上。在進屋前擦拭鞋子或將鞋子脫下。
<ul style="list-style-type: none">飲用水 (tinyurl.com/EPA-LEAD-H2O)	<ul style="list-style-type: none">若要料理或飲用，請讓水持續流到變為冷水之後再使用。請勿使用飲水機，除非該飲水機已完成檢查且確定沒有含鉛。
<ul style="list-style-type: none">如果家人的工作環境或居家環境含有鉛 (例如汽車修理、金屬加工以及電池或廢金屬回收)，接觸到附著在鞋子 / 衣服 / 頭髮上而帶回家的鉛。	<ul style="list-style-type: none">在可能的情況下，於下班返家和抱孩子之前淋浴並換衣服。脫掉工作服和鞋子並將其放在塑膠袋中。將工作服和其他衣服分開清洗。
<ul style="list-style-type: none">受到磨損或屬於古董的某些碗盤或鍋具、從折扣商店或跳蚤市場購買、水晶玻璃製、手工製或在美國境外製造的某些碗盤或鍋具	<ul style="list-style-type: none">請致電與 當地鉛中毒預防計劃 (tinyurl.com/CLPPP-LIST) 聯絡以瞭解有關碗盤和鍋具含鉛檢查的進一步資訊。
傳統療法，例如： <ul style="list-style-type: none">Azarcon 和 Greta — 橘色或黃色粉末Paylooh — 紅色粉末某些阿育吠陀或傳統中醫療法	<ul style="list-style-type: none">請勿在未事先諮詢醫療保健服務提供者的情況下讓任何人為您的孩子進行「自然」療法或傳統療法。
某些傳統化妝品及使用於皮膚上的其他物質，例如： <ul style="list-style-type: none">Surma ◆ Kohl ◆ Sindoor	<ul style="list-style-type: none">請勿將這些產品用在您孩子身上。請致電與 當地鉛中毒預防計劃 (tinyurl.com/CLPPP-LIST) 聯絡有關檢查傳統化妝品、傳統儀式用粉末以及使用於皮膚上之其他物質的事宜。
用於宗教儀式且包含下列項目的祭壇： <ul style="list-style-type: none">傳統儀式用粉末黃銅及某些其他金屬、陶瓷或有上漆的物品	<ul style="list-style-type: none">將擺有左述類型物品的祭壇放在您孩子無法觸及之處。請勿讓您的孩子觸摸這些物品或將這些物品放進嘴巴裡。使用另外的清潔用品來清潔這些物品。
某些裝飾用首飾、護身符及鑰匙	<ul style="list-style-type: none">請勿讓您的孩子玩弄或觸碰這些物品，或將這些物品放進嘴巴裡。
某些食物和香料，例如： <ul style="list-style-type: none">某些糖果 (尤其是進口糖果)炸草蜢 (蚱蜢點心)某些進口香料，例如薑黃、辣椒粉、庫姆里蘇內利使用含鉛子彈所獵得的肉類	<ul style="list-style-type: none">注意可能含鉛的食物和香料。為您的孩子提供包含各種蔬菜、水果、豆類、種籽類、堅果類、全穀類、未加工肉類以及無添加糖之乳製品或乳製品替代品的正餐和點心。
其他物品，例如： <ul style="list-style-type: none">釣魚用鉛錘、子彈、彈丸及焊料某些美術用品和縫紉用粉筆	<ul style="list-style-type: none">請將這些物品保存在您孩子無法觸及之處。在碰觸這些物品後，請徹底清洗雙手。請勿在家加熱、融化、鑄造或銼磨任何金屬物品。
曾待在射擊場	<ul style="list-style-type: none">曾待在射擊場的兒童和青少年應接受血鉛檢查。使用不含鉛的彈藥。請勿在射擊場飲食。在射擊完後，請立即使用肥皂和水清洗雙手和臉部。在回家之前更換衣服和鞋子 / 將這些衣服另外清洗。
留在體內的子彈和彈片	<ul style="list-style-type: none">向您的醫療保健服務提供者諮詢有關持續接受檢查和監控的事宜。
居住或曾待在下列地點附近： <ul style="list-style-type: none">主要道路或高速公路已廢棄或目前仍在運作的鉛或鋼鐵冶煉廠，或是以前或現在仍會排放鉛的鑄造廠或工業設施供小型飛機使用的一般民用機場	<ul style="list-style-type: none">如果您的孩子居住或曾待在左述類型的道路或設施附近，請告知您的醫療保健服務提供者。請勿讓您的孩子在左述類型的道路或設施附近玩耍，或待在這些類型的道路或設施附近。