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.

- Sindoor, Khol, Kajal, Surma

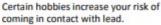


Jobs

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





- 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.

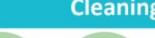
Souvenirs - Toys

Keep lead dirt and dust out of your home

with these helpful tips.

- Spices or food - Jewelry

Cleaning







Keep shoes outside



Mop & wet wipe



filter





Nutrition

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



Tomatoes Strawberries Oranges Potatoes



Milk Cheese Yogurt



Chicken Steak Fish Peas Eggs

