

Facts about Lead Poisoning



To learn more, call CalViva Health's Health Education Information Line at **1-800-804-6074** (TTY/TDD **1-800-431-0964**) or log in to www.CalVivaHealth.org.

What is lead poisoning?

Lead is a metal that was once used in paint, water pipes and certain household products. When you are exposed to too much lead, it can harm your brain and make you sick. This is called "lead poisoning." Young children get lead poisoning more easily than older children or adults. Most children who have lead poisoning don't look or act sick.

Talk to your doctor right away if you think your family is at risk. Get tested and treated for lead poisoning.

Where can lead be present?

- Old paint on buildings and houses built before 1978. Lead can also be in the dirt, soil and dust around these buildings and houses.
- Imported home remedies.
- Old pots and dishes from other countries.
- Certain toys, jewelry, food, and candy made in other countries.
- Workplaces with lots of manufacturing machines.

What can I do to protect my family from lead poisoning?

- Talk to your family doctor about getting a blood test for lead poisoning.
- Keep your house clean. Wash floors, windows, toys, and play areas weekly. If you notice paint chips, clean them up right away.
- Talk to your doctor about home remedies before you use them. Make sure they are safe and contain no lead.
- Avoid using pots or dishes that are old, imported or handmade unless they have been tested and do not have lead in them.
- For information on how to get tested for lead in your home or get a list of people who can safely remove lead paint for you, call **1-800-424-5323**. (For the hearing and speech impaired, call **1-800-877-8339**.)

Cov Lus Tseeb uas qhia txog Kev Raug Hlau Txhuas Lom



Kom kawm tau ntau ntxiv, hu rau CalViva Health's Health Education Information Line ntawm **1-800-804-6074** (TTY/TDD **1-800-431-0964**) lossis mus nkag rau ntawm **www.CalVivaHealth.org**.

Kev raug hlau txhuas lom yog dabtsi?

Cov hlau txhuas yog ib co hlau uas thaum ub tau muab los siv hauv cov xim thas, cov kais dej thiab tej yam khoom uas siv hauv tsev. Thaum koj chwv lossis hnia cov hlau txhuas ntau dhau lawm, nws yuav raug tau koj lub paj hlwb thiab ua tau koj mob. Qhov no hu tias "raug hlau lom." Cov menyuam me me raug cov hlau txhuas lom yooj yim dua cov menyuam uas laus zog lossis cov neeg laus. Ntau tus menyuam uas raug hlau txhuas lom yeej tsis koj zoo li lawv raug lom lossis zoo li lawv yeej tsis muaj mob li.

Nrog koj tus kws kho mob tham tamsid yog koj xav tias koj tsev neeg yuav muaj feem los raug lorn. Mus kuaj thiab mus kho yog tias nej raug hlau txhuas lom.

Cov hlau txhuas rnuaj nyob rau qhov twg?

- Cov xim qub uas nyob ntawm cov tsev loj thiab cov tsev uas tau muab txuas ua ntej xyoo 1978. Nws kuj muaj cov hlau txhuas hauv cov av, cov av teb thiab plua tsaug uas nyob ib ncig ntawm cov tsev loj thiab cov tsev ntawm no.
- Tej yam tshuaj uas koj siv tom tsev uas tuaj lwm lub tebchaws tuaj.
- Cov lauj kaub thiab tais diav qub uas tuaj lwm lub tebchaws tuaj.
- Tej co khoom ua si, nyiaj kub, zaub mov, thiab qhob noom uas tuaj lwm lub tebchaws tuaj.

- Cov chaw haujlwm uas muaj ntau lub tshuab uas tsim khoom.

Kuv yuav ua tau dabtsi korn kuv tiv thaiv tau kuv tsev neeg ntawrn txoj kev raug hlau txhuas lom?

- Nrog koj tus kws kho mob tham txog txoj kev kuaj ntshav seb koj puas tau raug hlau txhuas lom.
- Pab saib xyuas kom koj lub tsev huv si. Txhuam tsev, qhov rai, cov khoom ua si, thiab cov chaw ua si txhua lub vasthiv. Yog koj porn tias cov xim pib nti, tu cov ntawd tamsid.
- Nrog koj tus kws kho mob tham txog cov tshuaj uas koj siv tom tsev ua ntej koj cia liyuav siv. Saib xyuas zoo kom cov khoom ntawd nyab xeeb thiab tsis muaj hlau txhuas.
- Tsis txhob siv cov lauj kaub lossis tais diav uas qub qub, tuaj lwm lub tebchaws tuaj lossis tib neeg ua lawv tus kheej tiamsis yog tias koj yeej koj mus kuaj thiab tsis muaj hlau txhuas rau hauv ces tsis ua li cas.
- Yog koj xav tau tej yam lus qhia ntxiv seb koj yuav ua li cas kom koj kuaj tau rau hlau txhuas hauv koj lub tsev lossis kom txais tau ib daim ntawv uas qhia cov tib neeg uas tshem tau cov xim thas uas muaj hlau txhuas kom nyab xeeb rau koj, hu rau **1-800-424-5323**. (Rau cov tsis hnov lus zoo thiab hais lus tsis tau, hu rau **1-800-877-8339**.)