

Learn About Lead

Look Inside For:

- **Help Ensure Access to Safe Drinking Water**
- **Prevent Childhood Lead Poisoning**
- **Fight Lead Poisoning with a Healthy Diet (English/Spanish)**
- **Are you Pregnant? Prevent Lead Poisoning. Start Now.**

For more information on ways to lead a healthier lifestyle visit our website GetHealthyCT.org



Find us on Facebook and Twitter!



February 2020





HELPING ENSURE ACCESS TO SAFE DRINKING WATER

Several FNS programs can help families avoid water with high lead levels by increasing access to bottled water and/or water filters:

SNAP –Supplemental Nutrition Assistance Program ([SNAP](#)) Participants can use their benefits to purchase bottled water at any authorized store.

School Meals – Schools participating in the [School Breakfast Program](#) or [National School Lunch Program](#) can use their non-profit food service account funds to make bottled water available to students free of charge during lunch and breakfast. The total per meal reimbursement rate remains the same. Water filters may be an allowable cost for schools. Program operators must consult with and obtain approval from the State agency prior to initiating any expenditure for equipment to filter water.

CACFP & Summer Meals – Summer sites, child care providers, and adult care institutions can claim bottled water as a reimbursable cost. The total per meal reimbursement rate remains the same. Water filters may be an allowable cost for the Child and Adult Care Feeding Program ([CACFP](#)) and [summer meals programs](#). Program operators must consult with and obtain approval from the State agency prior to initiating any expenditure for equipment to filter water.

WIC – The Special Supplemental Nutrition Program for Women, Infants and Children ([WIC](#)) food package allows infant formula to be purchased in concentrated liquid, powdered, or ready-to-feed form. In an area that has been affected by a water contamination crisis, mothers who are not fully breastfeeding are encouraged to purchase ready-to-feed formula, which does not need to be mixed with water.

For more information on the specific provisions of these programs, please contact your State agency.

LINKS (in order of appearance)

SNAP - <http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

School Breakfast Program - www.fns.usda.gov/sbp/school-breakfast-program-sbp

National School Lunch Program - www.fns.usda.gov/nslp/national-school-lunch-program-nslp

CACFP - <http://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>

Summer Meals Programs - <http://www.fns.usda.gov/sfsp/summer-food-service-program>

WIC - <http://www.fns.usda.gov/wic/women-infants-and-children-wic>

Prevent Childhood Lead Poisoning

Exposure to lead can seriously harm a child's health.



Damage to the
brain and
nervous system



Slowed growth
and development



Learning and
behavior problems



Hearing and
speech problems

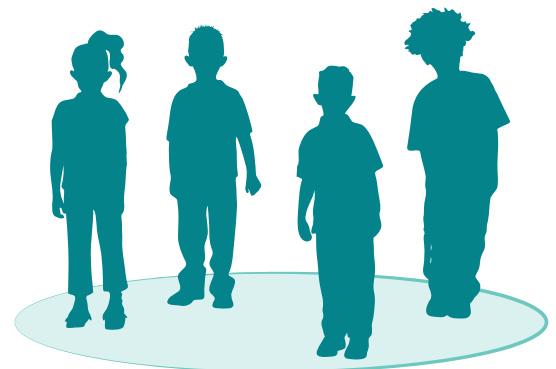
This can cause:



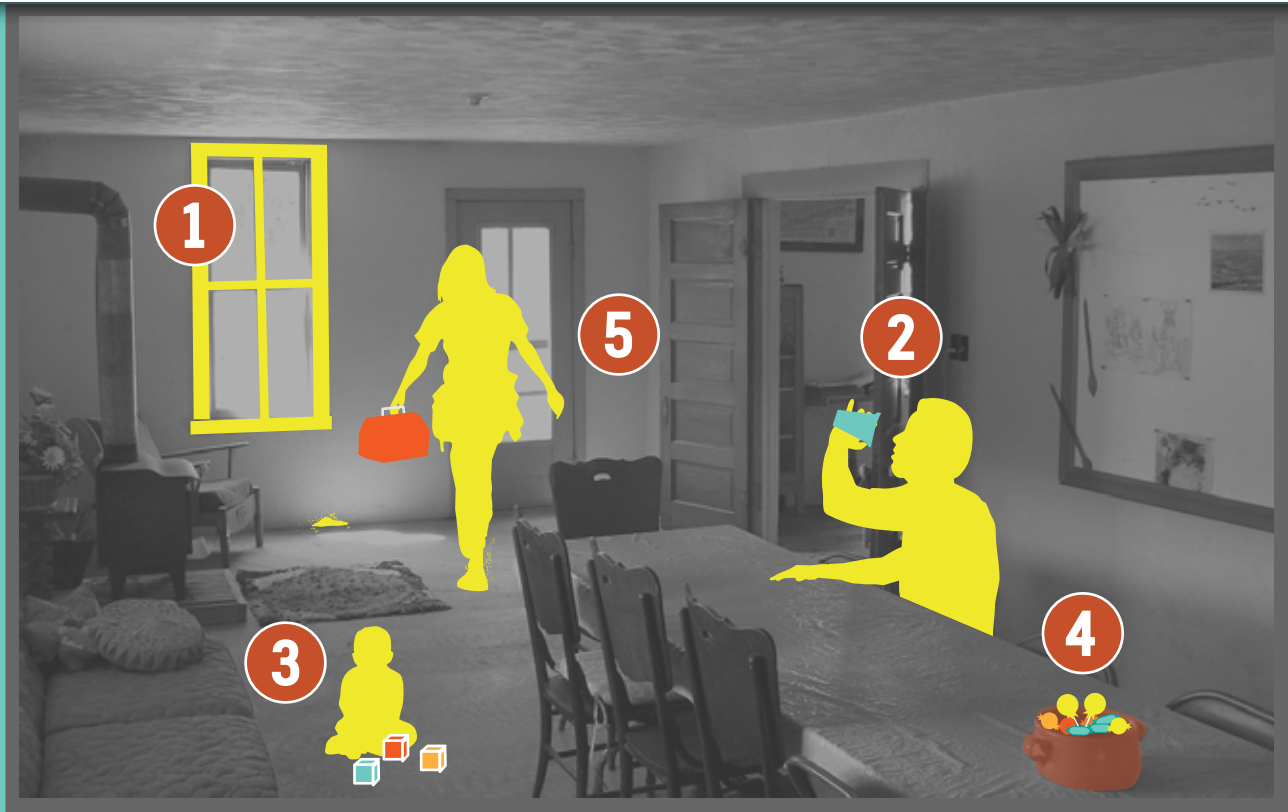
Lower IQ

Decreased ability to pay attention

Underperformance in school



Lead can be found throughout a child's environment.



1



Homes built before 1978 (when lead-based paints were banned) probably contain lead-based paint.



When the paint peels and cracks, it makes lead dust. Children can be poisoned when they swallow or breathe in lead dust.

3



Lead can be found in some products such as toys and toy jewelry.

4



Lead is sometimes in candies imported from other countries or traditional home remedies.

2



Certain water pipes may contain lead.

5



Certain jobs and hobbies involve working with lead-based products, like stain glass work, and may cause parents to bring lead into the home.

The Impact

535,000

U. S. children ages 1 to 5 years
have blood lead levels high
enough to damage their health.



24 million

homes in the U.S. contain deteriorated
lead-based paint and elevated levels of
lead-contaminated house dust.



4 million of these are
home to young children.

It can cost

\$5,600

in medical and special education costs
for each seriously lead-poisoned child.



The good news: Lead poisoning is **100% preventable.**

Take these steps to make your home lead-safe.



Talk with your child's doctor about a simple blood lead test. If you are pregnant or nursing, talk with your doctor about exposure to sources of lead.



Talk with your local health department about testing paint and dust in your home for lead if you live in a home built before 1978.



Renovate safely. Common renovation activities (like sanding, cutting, replacing windows, and more) can create hazardous lead dust. If you're planning renovations, use contractors certified by the Environmental Protection Agency (visit www.epa.gov/lead for information).



Remove recalled toys and toy jewelry from children and discard as appropriate. Stay up-to-date on current recalls by visiting the Consumer Product Safety Commission's website: www.cpsc.gov.



Visit www.cdc.gov/nceh/lead to learn more.

Fight **Lead Poisoning** **with a Healthy Diet**

Lead Poisoning Prevention
Tips for Families



Lead and a Healthy Diet

What You Can Do to Protect Your Child

Lead's Effects on the Body

Lead is a poisonous metal that our bodies cannot use. Lead poisoning can cause learning, hearing, and behavioral problems, and can harm your child's brain, kidneys, and other organs. Lead in the body stops good minerals such as iron and calcium from working right. Some of these effects may be permanent.

Lead Awareness and Your Child

Children with lead poisoning usually do not look or act sick. The only way to know if your child has lead poisoning is by getting a blood test. Ask your doctor or health care provider to test your child under six years of age at least once a year.

Lead poisoning occurs without any
obvious symptoms
& **HARMS** your child's
body.

Lead Hazards

Where is Lead Found?

Main Sources of Lead

Lead-based paint is a hazard if it is peeling, chipping, chalking, or cracking. Even lead-based paint that appears to be undisturbed can be a problem if it is on surfaces that children chew or that get a lot of wear and tear. The older your home is, the more likely it is to contain lead-based paint.

Contaminated dust forms when lead paint is dryscrapped or sanded. Dust can also become contaminated when painted surfaces bump or rub together. Lead chips and dust can gather on surfaces and objects that people touch or that children put into their mouths.

Contaminated soil occurs when exterior lead-based paint from houses, buildings, or other structures flakes or peels and gets into the soil. Soil near roadways may also be contaminated from past use of leaded gasoline in cars. Avoid these areas when planting vegetable gardens.

Other Sources of Lead

- Contaminated drinking water from older plumbing fixtures
- Lead-based painted toys and household furniture
- Imported lead-glazed pottery and leaded crystal
- Lead smelters
- Hobbies
- Folk remedies like azarcon and pay-loo-ah
- Cosmetics, like kohl and kajal

- [Recipes](#)
- [Recipes](#)
- [Recipes](#)
- [Recipes](#)
- [Recipes](#)
- [Recipes](#)

Breakfast

Oatmeal swirlers
Sliced banana
Orange juice

or

Cheese omelet
Applesauce
Low-fat milk

or

French toast
Orange sections
Low-fat-milk

Lunch

Grilled cheese and tomato
Coleslaw
Low-fat milk

or

Tuna salad sandwich
Cranberry juice
Pear slices

or

Pizza bagel
100% fruit juice
Fresh or canned peaches
Low-fat milk

Dinner

Sloppy joes
Watermelon
Low-fat milk

or

Macaroni and cheese
Stewed tomatoes
Melon slice

or

Chicken stew
Rice
Strawberries

Many of the foods listed in this brochure can be bought with food vouchers from the WIC program.

To find out more about WIC, call you child's pediatrician or visit www.fns.usda.gov/wic.

A bunch of yellow bananas is positioned on the right side of the page, partially cut off by the edge. The bananas are ripe and have a slight green at the stem.

Oatmeal Swirlers

Ingredients

Makes 4-6 servings

- 1 1/2 cups of quick cooking oats
- 1/3 cup of peanut butter
- 1/3 cup of fruit jelly or jam

Preparation

1. Follow the package directions to cook oats.
2. Spoon peanut butter and jelly on top of cooked oatmeal.
3. Stir and spoon into bowls.
4. Serve with low-fat milk.



French Toast

Ingredients

Makes 4-6 servings

- 3 eggs, beaten
- 1/2 cups of low-fat milk
- Vegetable oil
- 6 slices of bread
- Cinnamon
- 2 bananas, sliced

Preparation

1. Mix eggs and milk.
2. Lightly coat pan with vegetable oil. Use medium heat.
3. Dip bread into egg mixture, so that bread is covered.
4. Brown one side of bread in pan.
5. Sprinkle top with cinnamon.
6. Turn over bread and brown the other side. Top with sliced banana.
7. Serve with low-fat milk.

Cheese Omelet

Ingredients

Makes 2-3 servings

- 3 eggs
- 1 tablespoon of low-fat milk
- Vegetable oil
- 3 tablespoons of cheese

Preparation

1. Mix eggs and milk in a bowl.
2. Lightly coat pan with vegetable oil. Use medium heat.
3. Add egg mixture and cook.
4. When omelet is cooked on the bottom, add cheese.
5. When cheese is melted, fold omelet in half.
6. Top with salsa if you like.
7. Serve with toast, fruit, and low-fat milk.

Grilled Cheese and Tomato Sandwich

Ingredients

Makes 1 serving

- 2 slices of bread
- 2 slices of American cheese
- 1 slice of tomato
- Vegetable oil

Preparation

1. Make sandwich using bread, cheese, and tomato.
2. Lightly coat pan with vegetable oil.
3. Brown sandwich on both sides over low heat to melt the cheese.
4. Serve with low-fat milk or fruit juice.



Tuna Salad Sandwich

Ingredients

Makes 2 servings

- 4 slices of bread
- 1 can of water packed tuna
- 4 teaspoons of low-fat mayonnaise
- Onion and celery, chopped

Preparation

1. Mix tuna with low-fat mayonnaise, onion, and celery.
2. Try your sandwich with cheese and tomato.
3. Serve with low-fat milk.



Pizza Bagels

Ingredients

Makes 2-3 servings

- 1 bagel
- 2 tablespoons of tomato sauce
- Garlic, basil, or oregano
- 2 tablespoons of cheddar cheese or part-skim mozzarella

Preparation

1. Preheat oven to 400 degrees.
2. Slice open a bagel and place on a flat pan.
3. Add tomato sauce, seasonings, and cheese.
4. Bake for 3 minutes or until cheese melts.
5. Serve with fruit juice.

Sloppy Joes

Ingredients

Makes 4-6 servings

- 1 pound of lean ground beef, turkey, or chicken
- 1 cup of tomato sauce
- 1 small onion, chopped
- Your choice of seasonings
- 1/2 green pepper, chopped
- 5 hamburger buns or pita pocket breads

Preparation

1. In a pan, cook lean ground meat, onion, and green pepper until meat is well done.
2. Drain fat.
3. Stir in tomato sauce and seasonings.
4. Cook for 5 to 10 minutes.
5. Spoon into hamburger bun or pita.
6. Serve with fruit juice.

Banana Strawberry Smoothie

Ingredients

Makes 2-3 servings

- 1 cup of low-fat milk
- 1 cup of fresh or frozen strawberries, mashed
- 1 ripe banana, mashed

Preparation

1. Mix all together in a blender or use a wire whisk.
2. Eat as a snack or for dessert.



Chicken Stew

Ingredients

- 3 pounds of frying chicken, cut up into small pieces
- Vegetable oil
- 1 medium onion, chopped
- 1 stalk of celery, chopped
- 28 ounce can of stewed tomatoes
- Poultry seasoning

Makes 6-8 servings

Preparation

1. Lightly coat pot with vegetable oil. Use medium heat.
2. Cook chicken until it is well done.
3. Add can of stewed tomatoes.
4. Add vegetables and seasoning.
5. Cover and cook over low heat for 30 minutes.
6. Serve with rice or noodles



Baked Macaroni & Cheese

Ingredients

- 4 cups of cooked macaroni
- 3 cups of grated cheddar cheese
- Vegetable oil
- 2 tablespoons of margarine
- 2 cups of low-fat milk
- 2 tablespoons of flour
- Salt and pepper

Makes 3-5 servings

Preparation

1. Preheat oven to 375° degrees.
2. Lightly coat casserole dish with vegetable oil. Mix cooked macaroni with grated cheese. Pour into casserole.
3. Melt margarine in a pan. Remove from heat, stir in flour.
4. Return to heat. Add low-fat milk slowly, stirring until smooth. Season with salt and pepper to taste.
5. Pour over macaroni. Stir and cover. Bake for 30 minutes.
6. Uncover and bake for another 15 minutes.



Regularly Eat Healthy Foods

The Importance of Iron, Calcium, and Vitamin-C

Children with empty stomachs absorb more lead than children with food in their stomachs. Provide your child with four to six small meals during the day. The following nutrients can help protect your child from lead poisoning:

Foods with Iron

Normal levels of iron work to protect the body from the harmful effects of lead. Good sources of dietary iron include:

- Lean red meats, fish, and chicken
- Iron-fortified cereals
- Dried fruits (raisins, prunes)

Foods with Calcium

Calcium reduces lead absorption and also helps make teeth and bones strong. Good sources of dietary calcium include:

- Milk
- Yogurt
- Cheese
- Green leafy vegetables (spinach, kale, collard greens)

Foods with Vitamin C

Foods with vitamin C and iron work together to reduce lead absorption. Good sources of vitamin C include:

- Oranges, orange juice
- Grapefruits, grapefruit juice
- Tomatoes, tomato juice
- Green peppers

A healthy diet can help protect your child from the harmful effects of LEAD.



Simple Steps You Can Take

to Protect Your Family from Lead Hazards

- Get your children tested for lead, even if they seem healthy.
- Make sure your children eat healthy, low-fat foods high in iron, calcium, and vitamin C.
- Always wash your hands before eating.
- Wash children's hands, bottles, pacifiers, and toys.
- Run water for 30 seconds to 2 minutes before drinking, especially if you have not used your water for a few hours.
- Use only cold water for making your baby's formula, drinking, and cooking.
- Do not use imported pottery to store or serve food.
- Regularly clean floors, windowsills, and other surfaces using wet methods that control dust.
- Wipe or remove shoes before entering your house.
- Get your home tested for lead by a lead-safe certified professional if it was built before 1978.
- If you rent, it is your landlord's job to keep paint in good shape. Report peeling or chipping paint to your landlord and call your health department if the paint is not repaired safely.
- Take precautions to avoid exposure to lead dust when remodeling or renovating.
- Don't try to remove paint yourself!

Lead poisoning is completely
PREVENTABLE.

For More Information

on Childhood Lead Poisoning Prevention

Call:

- Your child's pediatrician
- The National Lead Information Center at **1-800-424-LEAD (424-5323)**
- U.S. Environmental Protection Agency's (EPA) Safe Drinking Water Hotline at **1-800-426-4791**

Visit:

- EPA's Lead Program website at www.epa.gov/lead
- U.S. Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/nceh/lead
- U.S. Department of Housing and Urban Development (HUD) website at www.hud.gov/offices/lead



Combata el Envenenamiento con Plomo con una dieta saludable

Consejos para prevenir
el envenenamiento con plomo



El plomo y una dieta saludable

Lo que puede hacer para proteger a su hijo

Efectos del plomo sobre el organismo

El plomo es un metal tóxico que nuestros organismos no pueden utilizar. El envenenamiento con plomo puede ocasionar problemas auditivos, de conducta y de aprendizaje, y puede lesionar el cerebro, los riñones y otros órganos de los niños. El plomo en el organismo impide que los minerales como el hierro y el calcio se utilicen adecuadamente. Algunos de estos efectos pueden ser permanentes.

Aprenda a detectar el plomo por el bien de su hijo

Por lo general los niños con envenenamiento con plomo no se ven ni parecen enfermos. La única forma de saber si el niño tiene un envenenamiento con plomo es haciéndole un análisis de sangre. Pida al médico o a un profesional de salud que examine a los niños menores de seis años de edad por lo menos una vez al año.

El envenenamiento con plomo
ocurre **sin ningunos**
síntomas obvios
y DAÑA el organismo
de su hijo.

Peligros del plomo

¿Dónde se encuentra el plomo?

Fuentes principales del plomo

Las pinturas con base de plomo constituyen un peligro si están descascaradas o si sueltan polvillo o partículas. Incluso una pintura a base de plomo que parezca estar en buen estado puede representar un problema si recubre una superficie que los niños mastican o que esté deteriorada. Cuanto más viejo sea su hogar, mayor será la probabilidad de que tenga pinturas a base de plomo.

Un polvo contaminado se forma cuando las pinturas con base de plomo se arrancan en seco o se lijan. El polvo también puede contaminarse cuando las superficies pintadas chocan o se rozan entre sí. Las partículas y el polvo con plomo se acumulan sobre superficies y objetos que la gente toca o que los niños se llevan a la boca.

Suelo contaminado ocurre cuando las pinturas con base de plomo del exterior de casas, edificios u otras estructuras se pelan o sueltan partículas que llegan al suelo. El suelo cercano a las carreteras puede estar también contaminado, debido a que antes se utilizaba gasolina con plomo en los vehículos. Evite estas zonas cuando siembre huertas de verduras.

Otras fuentes del plomo

- Agua potable contaminada, proveniente de tuberías viejas de plomo
- Juguetes pintados y muebles del hogar a base de plomo
- Cerámica esmaltada de plomo y cristal cortado
- Plomo fundido
- Pasatiempos
- Remedios caseros como el azarcon y el pay-loo-ah
- Cosméticos como el kohl y el kajal

Consejos para ayudarle a Usted y a los niños a planear comidas y meriendas

Pan tostado a la francesa
Tajada de naranja
Leche baja en grasa

Pizza de bagel
Jugo 100% de fruta
Albaricoques frescos o enlatados
Leche baja en grasa

Guiso de pollo
Arroz
Fresas

Si desea conocer más acerca del WIC, llame al pediatra de su hijo o visite la página de internet www.fns.usda.gov/wic.



Rosquitas de Avena

Ingredientes

Rinde de 4-6 porciones

- 1 1/2 taza de avena de cocción rápida (Quick Cooking)
- 1/3 taza de crema de cacahuete
- 1/3 taza de jalea de fruta o mermelada

Procedimiento

1. Siga las direcciones del paquete para cocinar la avena.
2. Añada la mantequilla de cacahuete y jalea encima de la avena cocida.
3. Mezcle y vierta la mixtura en un envase.
4. Sírvala con leche baja en grasa.



Pan Tostado a la Francesa

Ingredientes

Rinde de 4-6 porciones

- 3 huevos batidos
- 1/2 taza de leche baja en grasa
- Aceite vegetal
- 6 rebanadas de pan
- Canela
- 2 bananas, cortadas en rodajas

Procedimiento

1. Mezcle los huevos con la leche.
2. Añada un poquito de aceite vegetal en el sartén. Use fuego mediano.
3. Sumerja el pan en la mezcla de huevo hasta que se cubra.
4. Cocine el pan por un lado.
5. Espolvoree canela por encima.
6. Déle la vuelta y cocine el otro lado. Trate con rodajas de banana.
7. Sírvala con leche baja en grasa.

Tortilla de Huevo con Queso

Ingredientes

Rinde de 2-3 porciones

- 3 huevos
- 1 cucharada de leche baja en grasa
- Aceite vegetal
- 3 cucharadas de queso

Procedimiento

1. Mezcle los huevos y la leche en un envase.
2. Añada un poquito de aceite vegetal en el sartén. Use fuego mediano.
3. Añada la mixtura de huevo y cocine.
4. Cuando la tortilla se cocine en el fondo, añádale el queso.
5. Cuando el queso se derrita, doble la tortilla por la mitad.
6. Cúbrela con salsa si así lo desea.
7. Sírvala con tostadas, fruta y leche baja en grasa.

Sándwich de Queso Derretido y Tomate

Ingredientes

Rinde una porción

- 2 rebanadas de pan
- 2 rebanadas de queso americano
- 1 rebanada de tomate
- Aceite vegetal

Procedimiento

1. Haga el sándwich usando el pan, queso y tomate.
2. Cubra levemente el sartén con aceite vegetal.
3. Fría el sándwich por ambos lados hasta derretir el queso.
4. Sírvalo con leche baja en grasa o jugo de fruta.



Sándwich de Ensalada de Atún

Ingredientes

Rinde 2 porciones

- 4 rebanadas de pan
- 1 lata de atún enlatada en agua
- 4 cucharaditas de mayonesa baja en grasa
- Cebolla y apio, partidos

Procedimiento

1. Mezcle el atún con la mayonesa baja en grasa, la cebolla y el apio.
2. Pruébelo con queso y tomate.
3. Sírvalo con leche baja en grasa.



Pizza de Bagel Panecillos

Ingredientes

Rinde de 2-3 porciones

- 1 panecillo, bagel o English Muffin
- 2 cucharadas de salsa de tomate
- Ajo, orégano o albahaca al gusto
- 2 cucharadas de queso de papa o mozzarella bajo en grasa

Procedimiento

1. Parta por la mitad el panecillo, bagel, o English Muffin y colóquelo en una sartén.
2. Añada la salsa de tomate, especias y queso.
3. Hornee por 3 minutos o hasta que el queso se derrita.
4. Sírvalo con jugo de fruta.

Sándwich de Carne Baja en Grasa (Sloppy Joes)

Ingredientes

Rinde de 4-6 porciones

- 1 libra de carne molida sin grasa de res, pavo o pollo
- 1 cebolla pequeña, partida
- 1/2 pimiento verde, partido
- 1 taza de salsa de tomate
- Especias a su gusto
- 5 panes de hamburguesas, pita o tortillas

Procedimiento

1. En una cacerola, cocine la carne, cebolla y pimiento hasta que la carne se cocine.
2. Escurre la grasa.
3. Añádale la salsa de tomate y las especias.
4. Cocine 5 a 10 minutos.
5. Cucharee en pan de hamburguesa o pita.
6. Sírvalo con jugo de fruta.

Batida de Banana y Fresa

Ingredientes

Rinde de 2-3 porciones

- 1 taza de leche baja en grasa o yogur
- 1 taza de fresas frescas o congeladas, majadas
- 1 banana maduro

Procedimiento

1. Mezcle todos los ingredientes en una batidora o a mano con un batidor.
2. Coma como merienda o postre.



Guiso de Pollo

Ingredientes

- 1 pollo de tres libras, partido en presas
- Aceite vegetal o achiote
- 1 cebolla mediana, picada
- 1 ramita de apio o cilantro
- 1 lata de 28 onzas de tomates guisados
- 2 cucharadas de sofrito
- 2 papas grandes, picadas

Rinde de 6-8 porciones

Procedimiento

1. Engrase levemente una olla con aceite vegetal o de achiote. Use fuego mediano.
2. Añada el pollo, sofría y tápelo hasta que se cocine.
3. Añada los tomates y papas picadas.
4. Añada el apio, cebolla y sofrito.
5. Tápele y cocine a fuego lento por 30 minutos.
6. Sírvalo con arroz o fideos.



Macarrones con Queso al Horno

Ingredientes

- 4 tazas de macarrones cocidos
- 2 tazas de leche baja en grasa
- 3 tazas de queso de papa rayado
- 2 cucharadas de margarina
- Aceite vegetal
- 2 cucharadas de harina de trigo
- Sal y pimienta

Rinde de 3-5 porciones

Procedimiento

1. Caliente el horno a 375°. Engrase ligeramente con aceite vegetal un molde.
2. Combine los macarrones cocidos con el queso rayado y viértalo en el molde.
3. Derrita la margarina en una cacerolita. Quítela del fuego, añada la harina. Póngala nuevamente en el fuego.
4. Añada la leche poco a poco, revolviendo hasta suavizar.
5. Añada sal y pimienta al gusto.
6. Derrámelo sobre los macarrones. Mezcle bien y tápelo.
7. Hornee por 30 minutos.
8. Destápele y hornee 15 minutos más.



Coma alimentos saludables en forma regular

La importancia del hierro, el calcio y la vitamina C

Los niños absorben más plomo cuando tienen el estómago vacío. Proporcione al niño de cuatro a seis pequeñas comidas durante el día. Los siguientes nutrientes pueden proteger al niño de un envenenamiento con plomo:

Alimentos con hierro

Los niveles normales de hierro protegen al organismo de los efectos nocivos del plomo. Entre las buenas fuentes de hierro se encuentran:

- Carne de res baja en grasa, pescado y pollo
- Cereales fortificados con hierro
- Frutas secas (uvas, ciruelas, y pasas)

Alimentos con calcio

El calcio reduce la absorción de plomo y también ayuda a mantener fuertes los dientes y los huesos. Entre las buenas fuentes de calcio en la dieta se encuentran:

- Leche
- Yogur
- Queso
- Verduras de hojas verdes (espinacas, col, y coles rizadas)

Alimentos con vitamina C

La vitamina C y los alimentos ricos en hierro trabajan juntos para reducir la absorción de plomo. Entre las buenas fuentes de vitamina C se encuentran:

- Naranjas y su jugo
- Toronjas y su jugo
- Tomates y su jugo
- Pimientos verdes

Una dieta saludable
puede apoyar a proteger a tu
hijo contra los efectos nocivos
del **PLOMO**.



Medidas simples que puede tomar

para proteger a su familia de los peligros que representa el plomo

- Asegúrese de que sus hijos ingieran alimentos saludables, bajos en grasa y ricos en hierro, calcio y vitamina C.
- Lleve a sus hijos a que les hagan análisis de los niveles de plomo, aunque parezcan sanos.
- Obtenga su hogar probado para el plomo si se construyó antes de 1978. Llame al 1-800-424-LEAD (5323) para solicitar más información.
- Lávese siempre las manos antes de comer.
- Lave las manos, biberones, chupones y juguetes de los niños.
- No utilice cerámica importada para guardar o servir alimentos.
- Deje correr el agua del grifo de 30 segundos a 2 minutos antes de beber, especialmente si no ha usado el agua durante unas cuantas horas.
- Utilice sólo agua fría para preparar la leche del bebé, beber y cocinar.
- Limpie con frecuencia los pisos, persianas y otras superficies, con métodos húmedos que controlan el polvo.
- Limpie los zapatos o quíteselos antes de entrar a la casa.
- Si paga alquiler, es responsabilidad de su casero mantener la pintura en buen estado. Si nota pintura pelada o descascarada, avísele al casero y llame al departamento de salud si la pintura no se repara en una forma segura.
- Tome precauciones para evitar la exposición al polvo de plomo cuando remodele o restaure.
- ¡No trate de remover la pintura usted mismo!

El envenenamiento con
plomo es completamente
PREVENIBLE.

Para más información

sobre la prevención del envenenamiento infantil con plomo

Llame:

- Al pediatra de su hijo
- Al Centro Nacional de Información sobre el Plomo (The National Lead Information Center)
1-800-424-LEAD (424-5323). Se habla español.
- A la Agencia de Protección Ambiental de los Estados Unidos (EPA), La Línea directa del Agua Potable (Safe Drinking Water) **1-800-426-4791**

Visite:

- La página de Internet del Programa del Plomo de la EPA www.epa.gov/lead
- La página de Internet de los Centros para el Control y Prevención de Enfermedades de los Estados Unidos (CDC) www.cdc.gov/nceh/lead
- La página de Internet del Departamento de Desarrollo Urbano y Vivienda (HUD) www.hud.gov/offices/lead



Are You Pregnant?

Prevent Lead Poisoning. Start Now.

Lead poisoning is caused by breathing or swallowing lead. Lead can pass from a mother to her unborn baby.

Too much lead in your body can:

- Put you at risk of miscarriage
- Cause your baby to be born too early or too small
- Hurt your baby's brain, kidneys, and nervous system
- Cause your child to have learning or behavior problems

Lead can be found in:

- Paint and dust in older homes, especially dust from renovation or repairs
- Candy, make up, glazed pots, and folk medicine made in other countries
- Work like auto refinishing, construction, and plumbing
- Soil and tap water

Contact your local health department to learn more.



**Now is the time to keep your baby safe from lead poisoning.
Here's what you can do:**

1

Watch out for lead in your home.

Most lead comes from paint in older homes. When old paint cracks and peels, it makes dangerous dust. The dust is so small you cannot see it. You can breathe in lead dust and not even know it.

Home repairs like sanding or scraping paint can make dangerous lead dust. Pregnant women should not be in the house during cleaning, painting, or remodeling a room with lead paint.

Tip:

If you live in an older home, have your home inspected by a licensed lead inspector.

2

Eat foods with calcium, iron and vitamin C.

These foods may help protect you and your unborn baby.

- **Calcium** is in milk, yogurt, cheese, and green leafy vegetables like spinach.
- **Iron** is in lean red meat, beans, cereals, and spinach.
- **Vitamin C** is in oranges, green and red peppers, broccoli, tomatoes, and juices.

3

Talk to your doctor.

Talk to your doctor about any medicines or vitamins you are taking. Some home remedies and dietary supplements have lead in them. It is important that you tell your doctor about any cravings you are having such as eating dirt or clay.

Contact us for more information:

