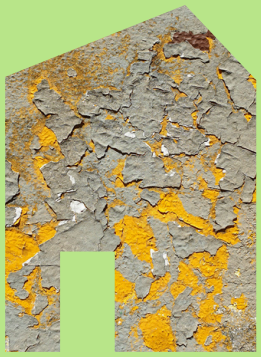
# WHAT IS LEAD?



- Lead is metal that can get into the body without us knowing.
- Lead is especially harmful to babies and younger children.
- If children have lead in their body, it can cause trouble with things like behavior and learning.
- The best way to keep children healthy is to keep them away from lead as much as possible*.



**Children with lead in their body don't look or act sick. The only way to know is with a blood test.**



*Some common sources of lead in the U.S. are house paint and soil.

Washington State Department of HEALTH

Northwest PEHSU Pediatric Environmental Health Specialty Units

CreceConmigo Washington

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# PROTECTING LATINO CHILDREN FROM LEAD POISONING

## Information for families* to keep kids safe from lead

✓ Make smart choices
✓ Learn sources of lead

*We acknowledge families share traditional remedies to care for each other and have done so for a long time.

# MINIMIZING EXPOSURE

**Small and gradual changes can make a big difference!**

- Wash children's hands with soap & water regularly, especially before eating.
- Use a doormat and wipe or remove shoes before entering your house.
- Clean dust in older homes by wet mopping and wet dusting, especially near doorframes and windowsills where paint can chip.
- Adults should be aware if they may come into contact with lead at their job or hobbies.

**To learn more about lead sources and steps you can take, scan the QR code.**

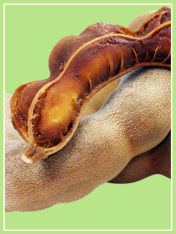
These are potential sources of lead that are culturally relevant. To learn more about preventing lead exposure, scan this QR code.

# SOURCES OF LEAD

## Traditional Medicines and Remedies

Lead has been found in some traditional medicines used for things like stomach issues (examples: Alarcon, Greta, and Albayalde) and skin issues (example: Litargirio).

**Recommendation:** Talk to your child's doctor about health concerns before giving children traditional medicines or remedies at home.



## Foods and Spices

Not all spices contain lead, but some brought from outside the U.S. have tested positive for lead (examples: chili, tamarind, turmeric, and cinnamon).
Lead has also been found in some candies and snacks from Mexico that have chili or tamarind in them.

**Recommendation:** Opt for spices that are sold in the U.S. Avoid buying imported or unlabeled bulk spices.

## Cookware and Dishware

Some older or imported pottery may have a leaded glaze. This can cause lead to get into food, especially when used for cooking or serving hot or acidic foods.

**Recommendation:** Instead of cooking or serving food to kids in these dishes, consider using them for decoration instead. As long as children don't touch, mouth, or eat food from them, it won't hurt them. If buying new dishware/cookware, look for "lead-free" options or labels as a safer option.

# TALK TO YOUR DOCTOR

- If you're not sure if your child has been in contact with lead, talk to their doctor about getting a blood lead test. If the test finds lead in your child's body, you and your doctor will work together to find where the lead is coming from. The doctor will keep checking the child's blood lead level to make sure they go down.
- All children with Medicaid should get a lead test by age 6, even if they have not been around lead. Testing is free with Medicaid and is covered by most other insurances.