

## More Ways for Parents to Prevent Lead Poisoning in Children

<b>HYGIENE</b>	Wash your children's hands frequently with soap and water.
	Wet-mop the floors and windowsills in your home – especially if your home pre-dates 1978. This prevents dust.
<b>TOYS</b>	Be an informed consumer! Look up toys with and without lead at <a href="http://www.healthystuff.org">www.healthystuff.org</a>
	Wash toys frequently.
	Opt for toys made from wood or cloth, instead of toys with paint, metal pieces, or varnish.
	Make sure your children <b>don't mouth or swallow metal costume jewelry</b> , which contains lead.
<b>WORKPLACE</b>	If your job involves frequent contact with lead, such as <i>construction</i> or <i>painting</i> , <b>change into a separate set of clothes and shoes before coming home</b> . This avoids bringing dust into your home.
<b>HEALTHY DIET</b>	<b>Eat a healthy, well-balanced diet</b> . This will help prevent the absorption of lead. Make sure your children get plenty of:
	<b>Calcium</b> (found in cheese, milk, yogurt, leafy greens)
	<b>Iron</b> (found in skinless chicken or turkey, beans, oatmeal, raisins)
	<b>Vitamin C</b> (found in oranges, tomatoes, strawberries)

The following products and folk medicines are imported from other countries, and may contain lead because they are not regulated. When possible, try to use the safer alternatives listed below.

IMPORTED PRODUCTS	Products With Lead	Country of Origin	Examples	Safer Alternatives
	<b>CANDIES</b>	Mexico	Chaca Chaca Miguelito Bolorindo lollipops BarriChicle gum Ticorindo	Bolikarla Peloton mango with chile Lucas Gusano Chilibolita Chico Passion Love hard candy
	<b>DISHES AND COOKWARE</b>	Mexico China	Mexican glazed pottery Chinese porcelain	Ceramics and glass labeled “lead-free”; plastic dishes
	<b>COSMETICS</b>	India Pakistan Egypt	<i>Sindoor</i> powder (India) <i>Kohl</i> eyeliner	Natural (non-synthetic) <i>sindoor</i> ; eyeliner from drugstores (Maybelline, etc.)
FOLK MEDICINE	Remedies with Lead	Country of Origin	Ailment(s)	Safer Alternative
	<i>Azarcón and greta</i>	Mexico	Stomach pain Colic	Drugstore laxatives, chamomile
	<i>Ghasard and kandu</i>	India	Indigestion Stomach pain	Warm milk, fruits, bran
	<i>Pay-loo-ah</i>	Laos	Fever Rash	Children’s Tylenol, ginger tea, calamine lotion
	<i>Ba-baw-san and hai ge fen</i>	China	Colic General stomach ailments	Pediatric massage, fennel
	<i>Santrinj</i>	Saudi Arabia	Teething	Cold washcloths, pacifiers, Children’s Tylenol