

Lead Poisoning

MarylandWIC

1-800-242-4942 www.mdwic.org

You and your children can get lead poisoning by breathing in or swallowing dust that contains lead.

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

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, Azarcon, 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

Hobbies



Certain hobbies increase your risk of coming in contact with lead.

- Hunting (lead bullets)
- Fishing (lead sinkers)
- Artist paints
- Refinished furniture

Travel

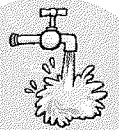


Traveling outside the U.S. may increase your risk of coming in contact with lead-based items.

- Souvenirs
- Toys
- Spices or food
- Jewelry

Cleaning

Keep lead dirt and dust out of your home with these helpful tips.



Wash hands



Keep shoes outside



Mop & wet wipe



Use a vacuum with a filter



Wash toys

Nutrition

These foods can help lower your lead level.

Vitamin C



- Tomatoes
- Strawberries
- Oranges
- Potatoes

Calcium



- Milk
- Cheese
- Yogurt

Iron



- Chicken
- Steak
- Fish
- Peas
- Eggs



Larry Hogan, Governor
Boyd Rutherford, Lt. Governor
Dennis R. Schrader, Secretary,
DHMH

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Maryland WIC Lead Risk Assessment Tool for Pregnant or Breastfeeding Women and Children

If you answer “Yes” or “Don’t Know” to ANY of the questions or have concerns about lead, please discuss them with your health care provider. A blood lead test may be needed.

Question	Yes	No	Don't Know
1. Do you or your child/children eat any nonfood items, such as clay, crushed pottery, soil, paint chips, paper, or baking soda?			
2. Does your child often put items such as jewelry or keys in his/her mouth?			
3. Have you or your child/children ever lived in or <u>often</u> visited a home or building built before 1978 with peeling or chipping paint or that has been repaired?			
4. Have you or your child/children ever spent a lot of time outside the United States?			
5. -Do you use products from other countries such as health remedies, spices, or food? -Do you use traditional “kohl” make up? (also known as “kajal” or “kuul”)			
6. Do you serve or store food in lead crystal, handmade or imported pottery, or pewter?			
7. Have any of your children, their playmates, or others in your home had lead poisoning?			
8. Do you have a child who was born before January 1, 2015, who has not had a blood lead test?			
9. -Do you or others in your household have a job that involves exposure to lead, like auto repair; plumbing; painting; ship building; steel welding; battery, glass, or lead manufacturing; or work with lead bullets? -Do your children have contact with an adult whose job or hobby involves exposure to lead?			
10. Do you or others in your household have hobbies or activities likely to cause regular exposure to lead, like making stained glass, pottery, fishing lures or sinkers; gun and rifle activities; refinishing furniture; renovating or remodeling homes?			
11. Do you or your children live near an active lead smelter, battery recycling plant, other lead-related industry, or near a road where soil and dust may be contaminated with lead?			
12. Do you eat deer meat or other animals shot with lead bullets?			
13. Do you have any bullets in your body from past gunshot wounds?			

Adapted from the 2016 Maryland Guidelines for the Assessment and Management of Childhood Lead Exposure. Maryland Department of Health and Mental Hygiene, and the Minnesota Department of Health.