

How to Protect Your Family

- If you rent, notify your landlord of peeling or chipping paint.
- Clean up paint chips immediately.
- Clean floors, window frames, window sills, and other surfaces weekly. Use a mop, sponge, or paper towel with warm water and a general all-purpose cleaner or a cleaner made specifically for lead and thoroughly rinse sponges and mops after cleaning dirty or dusty areas.
- Wash children's hands often, especially before they eat or sleep.
- Keep play areas clean. Wash bottles, pacifiers, and toys regularly.
- Keep children from chewing window sills or other painted surfaces.
- Clean or remove shoes before entering your home to avoid tracking in lead from soil.
- Make sure children eat healthy and nutritious meals as recommended by the National Dietary Guidelines. Children with good diets absorb less lead.

To permanently remove lead hazards, you must hire a certified lead "abatement" contractor. Abatement (or permanent hazard elimination) methods include removing, sealing, or enclosing lead-based paint with special materials. Just painting over the hazard with regular paint is not enough.

Additional Information

Lead test kits easily checks for lead on most surfaces. Check with the Environmental Department for availability or ordering.

The Water Department puts out a water report with about lead in drinking water. (Contact Public Works at 487-7445)

The National Lead Information Center
1-800-424-Lead (5323)

US EPA Lead website
<http://www.epa.gov/lead/index.html>

The Center for Disease Control
<http://www.cdc.gov/lead/>

California Department of Public Health
Childhood Lead Poisoning Prevention
<http://www.cdph.ca.gov/programs/clppb/Pages/default.aspx>

Consumer Product Safety Commission
Recalled Products Search
<http://www.cpsc.gov/cgi-bin/haz.aspx>



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Lead Prevention



Useful Information to Help Keep Your Home Environment Safe

**Soboba Tribal
Environmental Department
951.654.5544 ext. 4129/4130**

Lead's Effects

Childhood lead poisoning remains a major environmental health problem in the U.S.

People can get lead in their body if they:

- Put their hands or other objects covered with lead dust in their mouths.
- Eat paint chips or soil that contains lead.
- Breathe in lead dust, especially during renovations that disturb painted surfaces.

Lead is more dangerous to children because:

- Babies and young children often put their hands and other objects in their mouths. These objects can have lead dust on them.
- Children's growing bodies absorb more lead.
- Children's brains and nervous systems are more sensitive to the damaging effects of lead.

If not detected early, children with high levels of lead in their bodies can suffer from:

- Damage to the brain and nervous system
- Behavior and learning problems, such as hyperactivity
- Slowed growth
- Hearing problems
- Headaches

Lead is also harmful to adults. Adults can suffer from:

- Reproductive problems (in both men and women)
- High blood pressure and hypertension
- Nerve disorders
- Memory and concentration problems
- Muscle and joint pain

Where is Lead Found?

Many homes built before 1978 have lead-based paint.



Soil or dust can have lead from exterior paint, or other sources such as past use of leaded gas in cars, and can also be transferred to the dust in your house.

Your home might have plumbing with lead or lead solder. Call your local health department or water supplier to find out about testing your water.



If you think your plumbing might have lead in it:



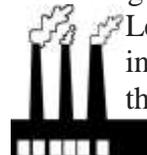
Use only cold water for drinking and cooking. Run water for 15-30 seconds before drinking it, especially if you have not used your water for a few hours.

If you work with lead, you could bring it home on your hands or clothes. Shower and change clothes before coming home. Launder your work clothes separately from the rest of your family's clothes.



Old painted toys and furniture
Hobbies that use lead, such as making pottery or stained glass, or refinishing furniture.

Food and liquids stored in lead crystal or lead-glazed pottery or porcelain.



Lead smelters or other industries that release lead into the air.

Signs and Symptoms

Some suffers may have lead poisoning without showing any signs or symptoms, so precautions should still be taken even if no effects are noticed.

The signs and symptoms of lead poisoning in children may include:

- Irritability
- Loss of appetite
- Weight loss
- Sluggishness and fatigue
- Abdominal pain
- Vomiting
- Constipation
- Learning difficulties



Although children are primarily at risk, lead poisoning is also dangerous for adults. Signs and symptoms in adults may include:

- High blood pressure
- Declines in mental functioning
- Pain, numbness or tingling of the extremities
- Muscular weakness
- Headache
- Abdominal pain
- Memory loss
- Mood disorders
- Reduced sperm count, abnormal sperm
- Miscarriage or premature birth in pregnant women

