

# Lead is everywhere in Los Angeles



**F**ind out how you  
can protect your  
family and yourself  
from the dangers  
of lead poisoning



# What is lead poisoning?



– Lead poisoning is an illness caused when there is too much lead in the body.

Lead gets into the body when people eat items containing lead, or breathe in lead dust or fumes.

**Lead  
is a  
Poison.**

Lead poisoning causes health, behavior and learning problems.

It can harm:

- ▶ Blood formation
- ▶ Nervous system
- ▶ Kidneys
- ▶ Children's growth, mental development and hearing

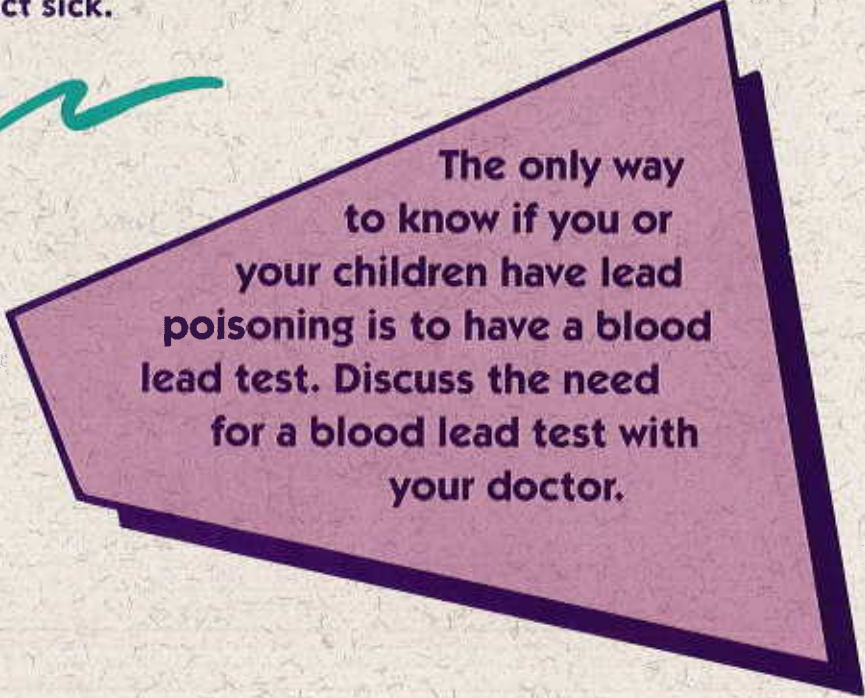


## People who have lead poisoning *may* have:

- ▶ Stomachaches
- ▶ Vomiting
- ▶ Headaches
- ▶ Trouble sleeping
- ▶ Flu-like symptoms
- ▶ Loss of appetite

**Most people who have the above symptoms do not have lead poisoning.**

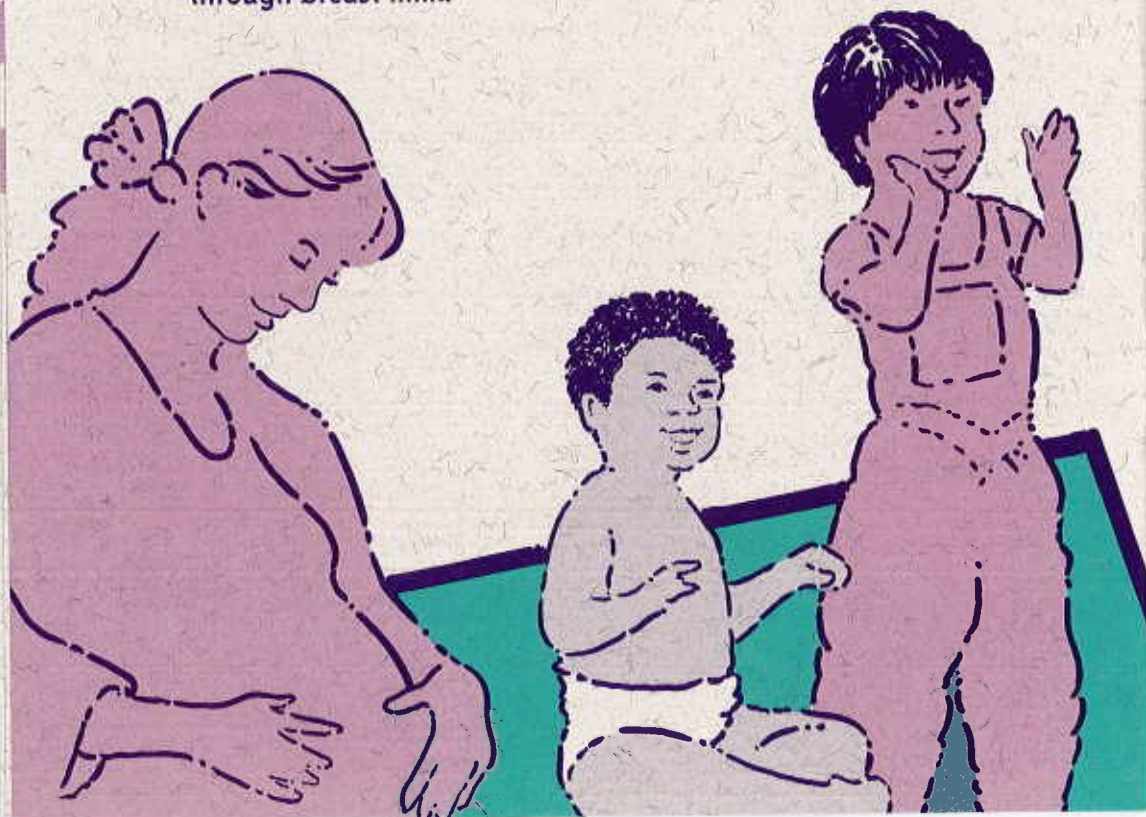
**But, many people who have lead poisoning do not look or act sick.**



**The only way to know if you or your children have lead poisoning is to have a blood lead test. Discuss the need for a blood lead test with your doctor.**

## Those at high risk of lead poisoning are:

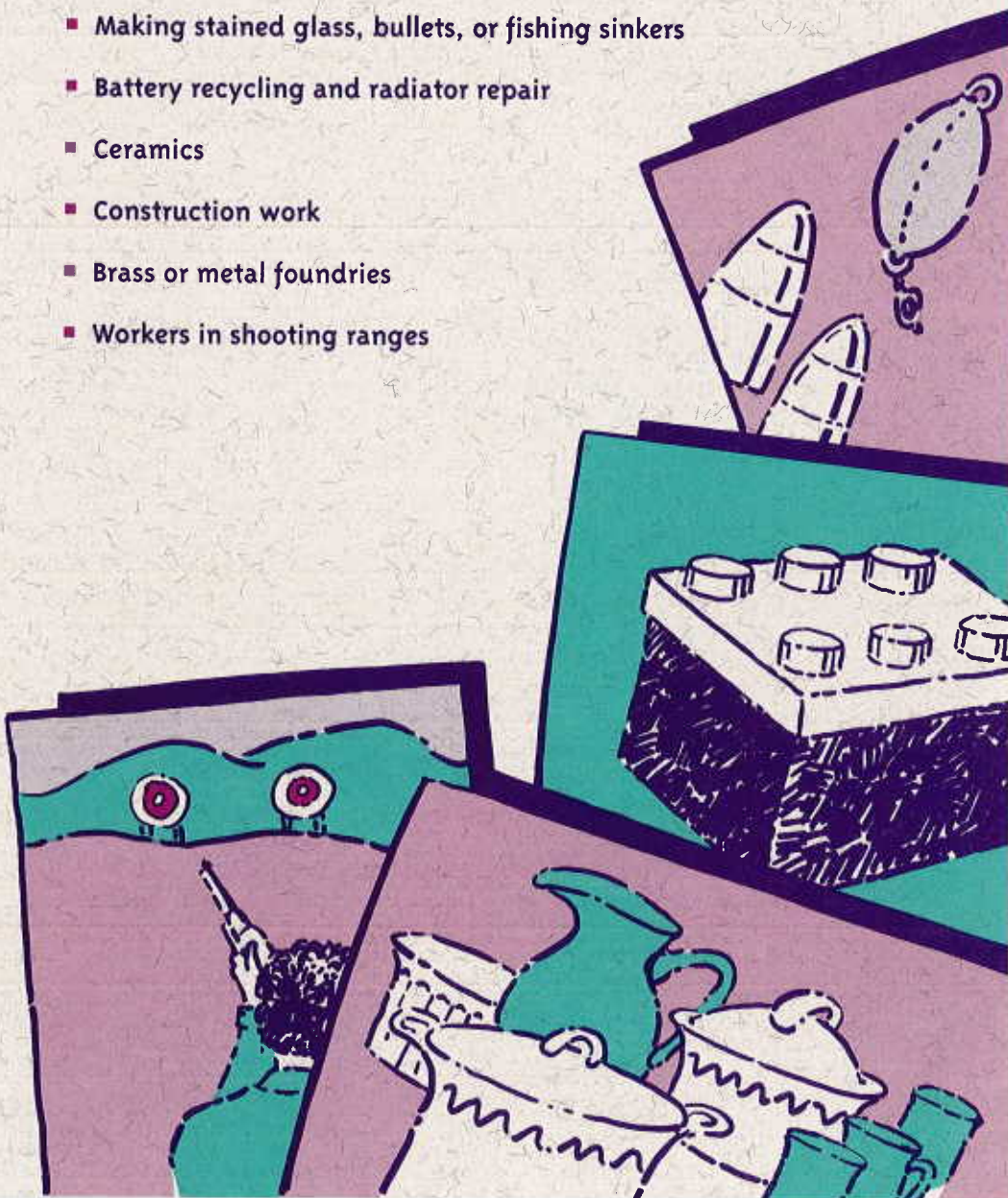
- ▶ **Children from six months to six years —** because they often put objects, including items covered with lead dust, in their mouths. Children living in old homes may eat paint chips or breathe in lead paint dust.
- ▶ **Pregnant women and their unborn children —** because some pregnant women crave items that may contain lead such as pieces of pottery and soil. Lead in a woman's body can pass to the fetus inside of her or to the infant through breast milk.





**People who use lead at work or with their hobbies are at risk.**

- Making stained glass, bullets, or fishing sinkers
- Battery recycling and radiator repair
- Ceramics
- Construction work
- Brass or metal foundries
- Workers in shooting ranges



# Where lead can be found around your home and child care areas



Lead dust on work clothes

Ceramics, leaded crystal and pottery

Products that contain lead or lead solder, for example toys and imported cans sealed with lead solder

Cosmetics:  
*Kohl and Surma*

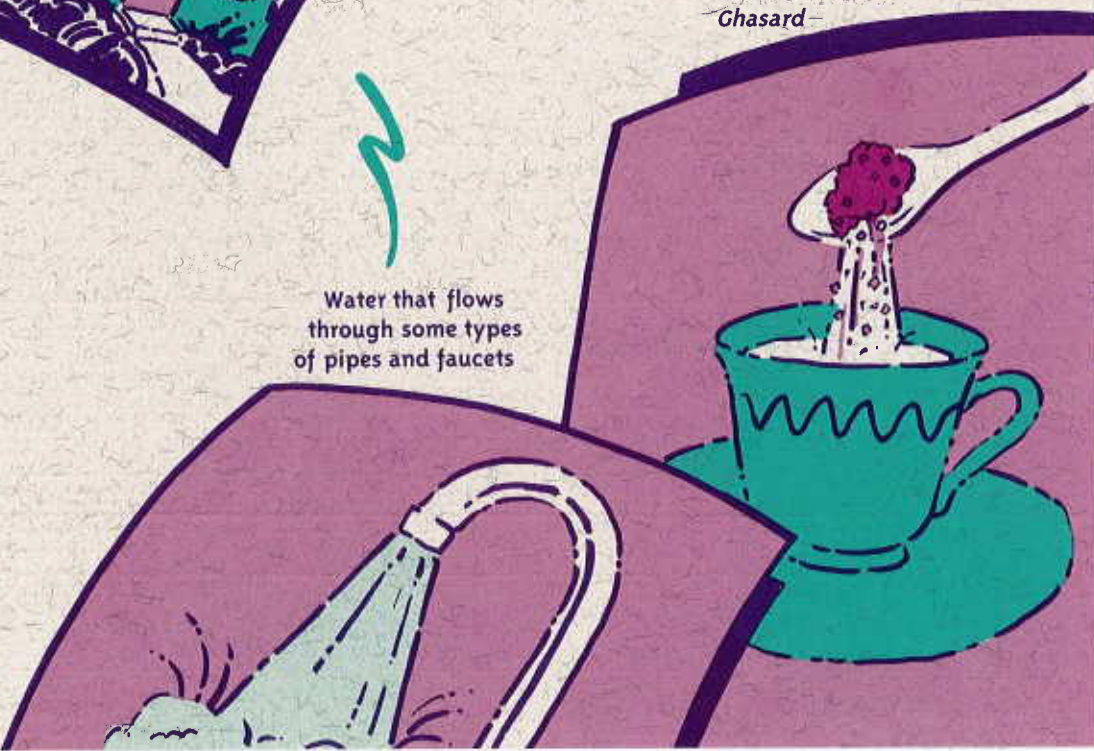


House  
paint  
and  
paint chips



Home remedies:  
*Azarcon, Greta,  
Pay-loo-ah,  
Bala Goli (Guti),  
Kandu and  
Chasard*

Water that flows  
through some types  
of pipes and faucets



# Los Angeles water is lead-free

The water that comes to your home has no lead.

Lead may get into your tap water if your home has brass faucets or pipes joined with lead-based solder.



## Test for Lead

If you are concerned  
about lead in your water,  
call the DWP Water  
Quality Help Line at  
(213) 367-3182 for  
a list of  
laboratories  
that test water  
for lead.





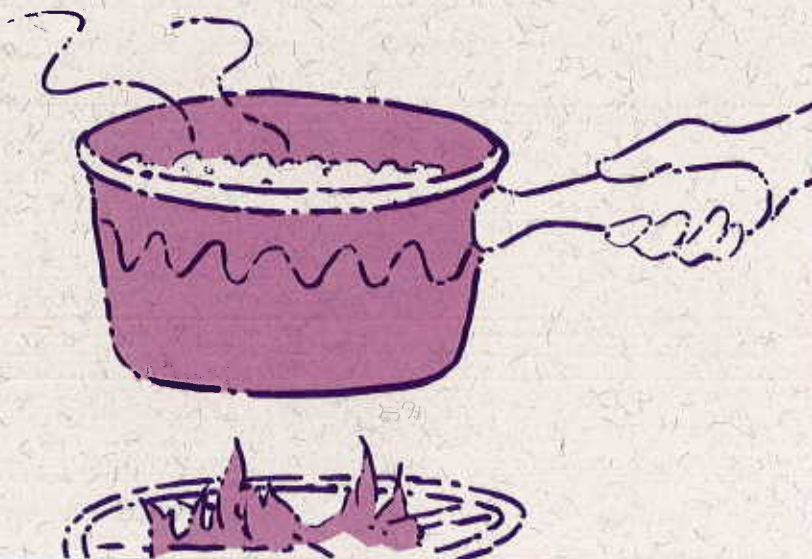
# Ways that you can prevent lead poisoning

If you live in an apartment or house built before 1978, you may have lead-based paint in your home. You should:

- ▶ Keep children away from peeling paint.
- ▶ Use a wet mop or damp cloth for cleaning to reduce the spread of lead dust in your home.
- ▶ Never scrape, sand or burn lead-based paint.
- ▶ Wash your hands before cooking and eating.

## Some more tips:

- ▶ Only use cold water for cooking and drinking.
- ▶ If you need hot water for cooking, heat it on your stove or in a tea kettle, especially if you are making baby formula or adding water to juice.
- ▶ Run the tap water for about 15 to 30 seconds in the morning before you cook or drink. Save water for plants and rinsing dishes.
- ▶ Keep the faucet screens clean.

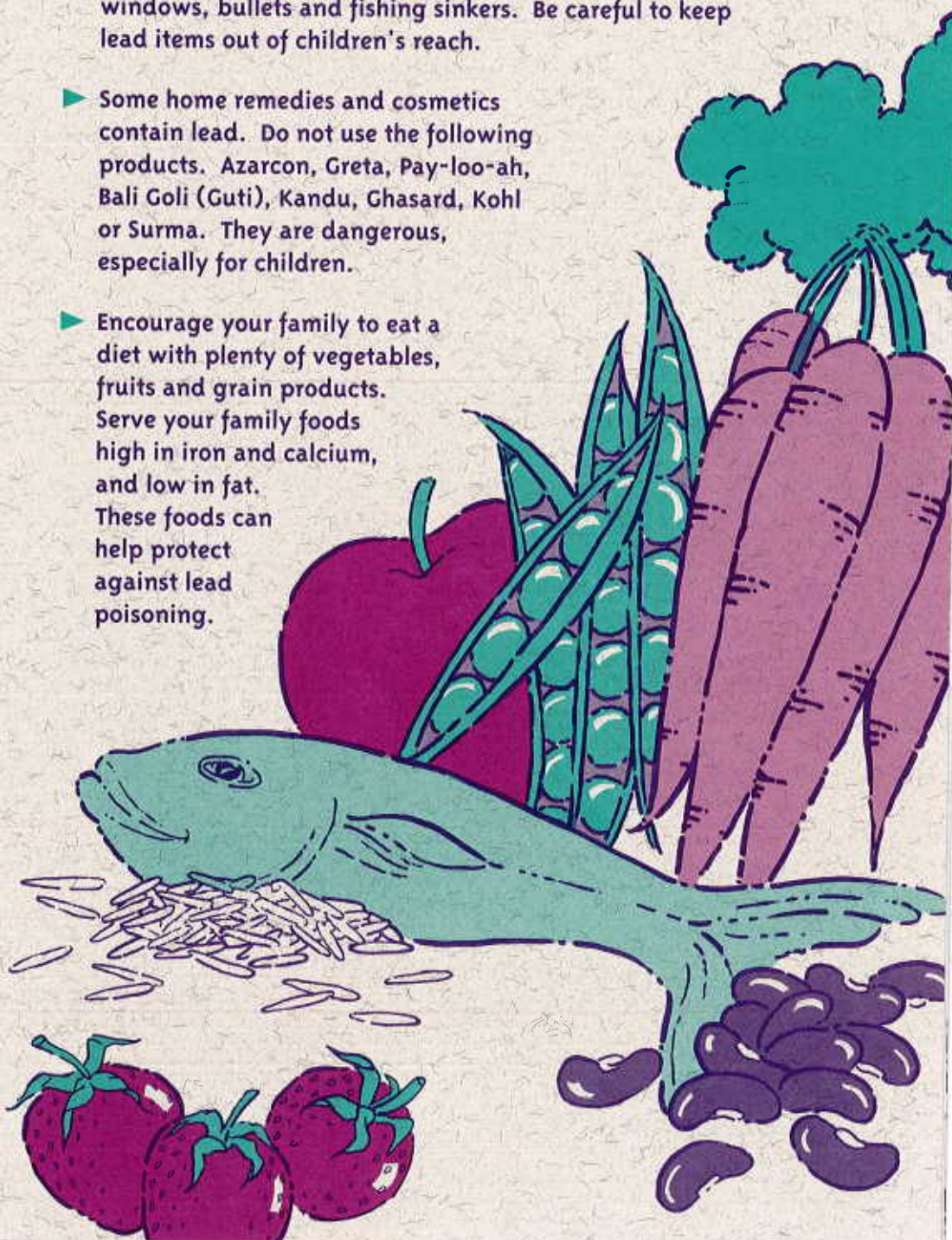


## More ways to prevent lead poisoning:

- ▶ If you work in a job that uses lead, shower and change your clothes before coming home from work. Your employer is required by law to train you about protection from lead poisoning.
- ▶ Use leaded crystal for decoration only.
- ▶ Test household items for lead using a lead test kit available at local hardware stores. Test painted ceramics and clay pots for lead before using them to cook or serve food.



- ▶ Lead materials are used in hobbies that involve stained glass windows, bullets and fishing sinkers. Be careful to keep lead items out of children's reach.
- ▶ Some home remedies and cosmetics contain lead. Do not use the following products. Azarcon, Greta, Pay-loo-ah, Bali Goli (Guti), Kandu, Ghasard, Kohl or Surma. They are dangerous, especially for children.
- ▶ Encourage your family to eat a diet with plenty of vegetables, fruits and grain products. Serve your family foods high in iron and calcium, and low in fat. These foods can help protect against lead poisoning.



**Call your doctor or the following agencies  
for more information on lead poisoning:**


Childhood Lead Poisoning Prevention Program (213) 240-8063  
Lead Poisoning Abatement Program (213) 881-4077  
(213) 881-4079  
(213) 881-4083

OccLEAD Project (213) 744-3235  
(Information on lead in the workplace)

Los Angeles County U.C. Cooperative Extension (213) 744-4851  
(Nutrition information)

Los Angeles Department of Water and Power (213) 367-3182  
Water Quality Help Line

National Lead Information Center (800) 532-3394  
(For more information on protecting children)



The Child Health and  
Disability Prevention  
(CHDP) Program  
provides no cost health  
examinations and a blood  
lead test for children.  
Call (310) 940-7985  
for more information  
on the CHDP  
Program.

**For more copies of this brochure visit a  
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