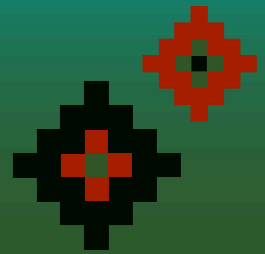




PROTECT YOUR FAMILY FROM LEAD



There is NO safe amount of lead in the body.

Lead can:

- + Slow down growth and development
- + Make it hard to learn
- + Damage hearing and speech
- + Cause behavior problems

Even low levels of lead can cause harmful changes in intelligence, behavior, and health.

Lead can harm anyone, but young children and pregnant women are at higher risk.

- + Children are especially at risk from lead because of their small size and developing brains.
- + If a pregnant person has a high lead level, their developing baby can also be harmed.

Common Sources of Lead



Paint

especially in houses built before 1978



Dirt

near airports, factories, highways, & orchards.



Water

when it comes from lead pipes



Cosmetics

like Surma, kajal, & kohl



Toys

especially if they are old and painted or metal



Job Sites

for people who work in factories, construction, or around metals.



Ammunition

or contact with metals from military service



The harm done by lead may never go away, but lead poisoning can be prevented.

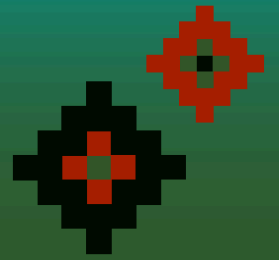
Ask your doctor to test you and your family for lead poisoning.



Listen here



PROTECT YOUR FAMILY FROM LEAD



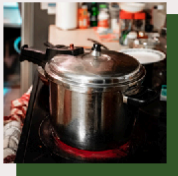
You can practice your traditions while protecting your family from lead:



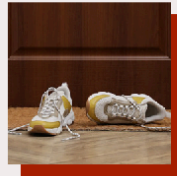
Support your child's healthy development by using cosmetics from American or European brands instead of Surma.



Season your food with spices sold in the U.S., which do not contain lead.



Cook delicious Afghan dishes like lubya or korma in pressure cookers made with stainless steel.



Follow the Afghan tradition of removing your shoes before entering a home and keeping rugs at entryways clean.

Other ways to stay safe include:



Wash fruits and vegetables before cooking or eating them.



Wash bottles, teething rings, and toys with soap and water.



If you rent, ask your landlord about lead before you sign a lease.



Wash floors, window sills, and other surfaces with soap and water.



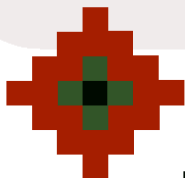
Wash your hands and your child's hands before eating and sleeping.



Before you buy a home, have it inspected for lead.



Only buy toys that say they are lead free.



www.vdh.virginia.gov/leadsafe/

