

# Beware of Lead!

Do YOU know where lead may be hiding?



**Lead is a metal** that can hurt children and adults. Children may not look or act sick, but a blood test could show that they have lead poisoning. This could harm their growth, behavior, and ability to learn. Lead can also be a problem for adults, especially pregnant women and their babies.



When **lead paint in your house** cracks or peels, it can drop chips or make lead dust. Children pick up these chips and dust when they crawl on the floor or put their hands and toys in their mouths. Children can get lead poisoning this way.

Did you know that **some medicines, spices, cosmetics, and food from other countries could also contain lead?** The lead in these products has caused children to get sick. There may be other products that we do not know about yet. They may be sold in a store in your neighborhood, or friends or family members may bring them back after traveling.

## Medicines and other products that may contain lead:



**Spices** imported from the Middle East, Latin America, India, and China can contain lead.



**Cosmetics** can also contain lead. Kohl (also known as surma or kajal), is one example. It is used to accent the eyes.



Many types of **candy** from around the world can contain lead.



Herbal and Ayurvedic **medicines** from the Middle East, Latin America, India, and China can contain lead.

Images courtesy of The New York City Department of Health

## Ointments and pastes from outside the United States can contain lead:



*Yisaoguang Yaogua* is an ointment from China used to treat skin rash.



*Hondan* is a powder often used as an ointment for diaper rash and dry skin.



*Thanaka* is a Burmese ointment or paste made from trees used as sunscreen and to protect skin.



**Incense and some candlesticks** can contain lead. Lead can be in charcoal, "unsi", and other incense you burn in your house and in some candle wicks.



**Metal jewelry**, including gold or silver plated, can contain lead. Children should never put metal jewelry into their mouths.

Images courtesy of The New York City Department of Health

**Contact** your doctor, your local Health Department, or refugee resettlement case manager if:

- Your family has used any of these products or products similar to these.
- You have questions about anything you see in these pictures.
- Someone gave you a new medicine or you have other questions about whether a medicine or product is safe for your baby or child.
- Your home has cracked, chipped, or peeling paint.
- You are concerned your child may have lead poisoning or may have been exposed to products containing lead. Every child should have their blood tested, even if they seem fine.

