

Lead Poisoning: Test Your Home and Family



You or your children may look healthy. But you can still have high levels of lead in your blood. The only way to know for sure is to have a blood test done by a healthcare provider. You can also have your home, soil, and water tested. Check with your state or county health or safety department. Treatments are available to lower lead levels in blood before permanent damage is done. Once treated, you or your child will need to be tested at least yearly to be sure levels remain safe.

Where is lead found?

You may know that lead is found in older types of paint (before 1978). But lead could also be in other places:

- Your home and yard
- Your children's playground and school
- Industrial worksites
- Surfaces with old paint that is chipping or cracking
- Lead dust from some vinyl mini blinds
- Lead crystal or lead-glazed dishes
- Old painted furniture and toys
- Fishing sinkers, shotgun shells, tobacco products, match tips, and batteries
- Lead in soil from old outside paint, exhaust from leaded gas, industrial pollution, or old lead-based fertilizers
- Lead dust from window and wall surfaces and outside soil stirred up while vacuuming
- Drinking water from plumbing that used lead solder to connect pipes

Don't use these home remedies—they contain lead

You and your family should not use the following:

- **Azarcon.** A bright orange powder for stomach problems.
- **Bala Goli.** A flat, round black bean for stomach problems.
- **Ghasard.** A brown powder to aid digestion.
- **Greta.** A yellow powder for stomach problems.
- **Kandu.** A red powder for stomach problems.
- **Kohl (Alkohol).** A black powder for skin infections and eye makeup.
- **Pay-loo-ah.** A red powder for rash or fever.

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