

## GIVE FOODS HIGH IN CALCIUM, IRON, AND VITAMIN C

## FOR MORE INFORMATION



Calcium reduces lead absorption and also helps make teeth and bones strong.



### CALCIUM

- Milk, yogurt, cheese
- Tofu
- Sardines/salmon (canned with bones)

Iron and vitamin C work together to reduce lead absorption.

### IRON

- Lean beef, chicken, turkey, seafood
- Iron-fortified cereal and breads
- Dried beans and peas
- Soybeans
- Eggs



### VITAMIN C

- Jabong, oranges, grapefruit
- Papaya, pineapples, guava
- Kiwi, strawberries
- Tomatoes, broccoli, bell peppers
- Spinach, kale, and other green leafy vegetables
- Sweet potatoes



### AVOID THESE FOODS

- French fries, potato chips, chicken skin, pork skin, bacon, sausages, anything fried, or high in animal fat

### HAWAII STATE DEPARTMENT OF HEALTH

#### Hawaii Childhood Lead Poisoning Prevention Program

Children with Special Health Needs Branch  
Phone: 808-733-9055  
<http://health.hawaii.gov/cshcn/home/leadpp/>

#### Hazard Evaluation and Emergency Response Office

Phone: 808-586-4345

#### Lead-Based Paint Program

Indoor and Radiological Health Branch  
Phone: 808-586-5800

### OTHER RESOURCES

#### Center for Disease Control and Prevention

<http://www.cdc.gov/nceh/lead/>

#### Consumer Product Safety Commission

Recalled toys and toy jewelry with lead  
<http://www.cpsc.gov/>

#### Hawaii Poison Center

1-800-222-1222



The Hawaii State Department of Health provides access to activities without regard to race, color, national origin, language, age, sex, gender identity or expression, sexual orientation, religion, or disability. Contact our Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378 or call (808)586-4616 (voice/TTY) within 180 days of a problem.

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# KEEP YOUR KEIKI LEAD FREE



Children with high lead levels **may not** show any symptoms, but their brain development can be affected, causing learning and behavior problems in school.

Children from 6 months to 6 years are at the greatest risk.

High blood lead levels are caused by eating or breathing in lead from things like paint chips & dust, toys, soil, water, and ceramic dishes.

Lead can be in your home, neighbors' homes, and child care centers.

A woman who has an elevated blood lead level can pass lead to her unborn baby.

# LEAD POISONING IS PREVENTABLE

## Ask your doctor about lead testing

### THINGS YOU CAN DO TODAY!

#### WASH YOUR CHILD'S HANDS

- Wash your child's hands and face before eating.

#### CLEAN OFTEN

- Take shoes and slippers off before going inside your home.
- Use disposable dry dusters and a wet mop to clean hard floors.
- Clean carpet with a HEPA-filter equipped vacuum.
- Wipe down windowsills with soap and water.
- Throw away sponges, paper towels, and rags after cleaning.
- Wash toys and pacifiers at least once a day.

#### MAINTAIN A HEALTHY DIET

- Provide your child regular meals and snacks, since more lead is absorbed on an empty stomach.
- Give your child healthy foods with lots of calcium, iron, and vitamin C.
- Limit foods that are high in fats to reduce the amount of lead absorbed by your child's body.

#### USE COLD WATER

- Run your cold water for at least 30 seconds if the faucet has not been used for more than 6 hours.
- Do not cook, drink, or make your child's formula from the hot water tap.

#### OTHER THINGS YOU CAN DO

- Move cribs and playpens away from areas with peeling paint.
- If you or someone in your home works with lead, shower and change clothes before entering the home. Wash these clothes separately from the rest of your family's clothes.
- Keep your child away from home repair and construction areas.
- Be sure that pottery, ceramic dishes, and glasses are lead-free.



Examples of ceramic dishes containing lead