

Lead in Your Food and Home Remedies



The only way to know if your child has a high blood lead level is to have a blood lead test. Children 6 years old and younger are at a higher risk. Call your doctor or clinic to get your child tested if you think they may have lead poisoning.

Questions about lead? Call your doctor, local health department or the Texas Childhood Lead Poisoning Prevention Program at **1-800-588-1248**.

To keep lead out of your food...

- ▶ Store food in plastic, stainless steel or glass containers.
- ▶ Do not use glazed pottery to cook, serve or store food unless you know it is lead-free. Some pottery (including Mexican bean pots), ceramics and crystal also contain lead.
- ▶ Do not store liquids (especially acidic drinks like orange and tomato juice) in lead crystal.
- ▶ Wash hands and countertops before preparing food.
- ▶ Wash fruits and vegetables before eating.
- ▶ Use water only from the cold tap for drinking, cooking or preparing infant formula.

To keep your child safe from other sources of lead...

- ▶ Do not give your child home remedies like:
 - Azarcon — A bright orange powder, about 90% lead.
 - Greta — A yellow powder, almost 100% lead.
- ▶ If you have given your child Azarcon or Greta, you should take them to the doctor to have a blood lead test.