



Lead Poisoning Prevention

Lead in Water Testing Program

City and County of San Francisco
Public Utilities Commission
Water Quality Division

Telephone: (650) 652-3199
Toll Free Telephone: (877) 737-8297

WHAT IS LEAD?

Lead is a toxic metal. Children who get lead into their body may develop learning or behavioral problems. Lead can damage children's brains, kidneys and other organs.

WHERE DOES LEAD COME FROM?

Lead was used in the production of many products including paints, leaded gasoline, as well as solder and pipes in plumbing. Although the use of lead in these products has been outlawed, lead may still be present in older homes.

HOW DO KIDS GET SICK FROM LEAD?

Most often, young children are exposed to lead by eating dust or paint chips containing lead. Additional sources of lead include imported candies, contaminated soil, ceramic dishes with lead glazes, and water contaminated as it flows through brass faucets or lead pipes.

IS LEAD IN MY WATER?

Even though drinking water is not a major source of lead in San Francisco, families with children under 6 years of age who live in homes with older plumbing should consider testing their drinking water for lead.

To Have Your Water Tested For Lead:

Families who are eligible for WIC: ask for a voucher for a free lead-in-water test at any of the five WIC offices in San Francisco. Then call (toll free):

(877) 737-8297.

For a free lead-in-water test, you must be eligible for WIC and get a completed voucher issued by a WIC office in San Francisco. Families who are not eligible for WIC benefits may arrange for a lead-in-water test for \$25.00 by calling (877) 737-8297.

WHAT SHOULD I DO IF MY HOME HAS OLDER PLUMBING?

- Run your cold water for at least 30 seconds before using it for drinking or cooking. Water in pipes and faucets might become contaminated with lead from brass faucets or lead solder when water has not been taken from the tap for more than 6 hours. Call: (415) 551-4730 to see if you qualify for a reduced price lead-free faucet.
- Use only cold tap water to drink, cook, mix juice or prepare baby formula. If you need hot water, take it from the cold water tap and heat it.
- Many water filters do not take lead out. If you buy a water filter be sure that it says that it removes lead.

WHAT ELSE CAN I DO?

- Inspect your home for lead hazards. Lead hazards include peeling paint and dust from remodeling or damaged paint.
- Keep children from playing in soil or dirt.
- Wash your children's hands, face, toys and everything they put in their mouth. Wash their hands with soap and water before meals and sleeping.
- Provide your children with a balanced diet. Foods rich in iron and calcium protect children's bodies from lead.
- Ask your doctor to test your children for lead.
- For more information on other lead sources call San Francisco Department of Public Health Children's Environmental Health Promotion at (415) 252-3888.



Prevención De Envenenamiento Por Plomo

Programa para el Análisis del Contenido de
Plomo en el Agua

City and County of San Francisco
Public Utilities Commission
Water Quality Division

Telephone: (650) 652-3199
Toll Free Telephone: (877) 737-8297

¿QUÉ ES EL PLOMO?

El Plomo es un metal tóxico. Los niños envenenados por plomo pueden padecer de problemas de aprendizaje o del comportamiento. El Plomo puede dañar el cerebro, los riñones u otros órganos.

¿DE DÓNDE PROVIENE EL PLOMO?

La pintura, gasolina, cañería, soldadura y otros productos solían contener plomo. Aunque ahora es ilegal usar plomo en la producción de estos productos, el plomo puede permanecer en casas viejas.

¿CÓMO ENFERMA EL PLOMO A LOS NIÑOS?

Generalmente, los niños son envenenados por plomo por comer polvo o pedacitos de pintura vieja que contienen plomo. Otras fuentes de plomo son los dulces importados, tierra contaminada, cerámica esmaltada con plomo, y agua potable contaminada por haber fluído por cañerías o grifos de plomo.

¿HAY PLOMO EN EL AGUA DE MI CASA?

Aunque el agua potable no es una fuente común de plomo en San Francisco, es importante hacer un análisis del contenido de plomo en el agua dondequiera que vivan niños menores de seis años de edad si las cañerías son viejas.

Para hacer un Análisis del Contenido de Plomo en el Agua:

Familias que reciben beneficios de WIC: pida un vale para un Análisis gratuito en una de las cinco oficinas de WIC en San Francisco. Después llame (llamada gratuita) al:

(877) 737-8297.

Para hacer un Análisis GRATUITO, es necesario calificar para WIC y obtener un vale de una oficina de WIC en San Francisco. Familias que no califiquen para WIC pueden hacer un análisis NO GRATUITO a un precio de \$25.00 al llamar al: (877) 737-8297.

¿QUÉ DEBO HACER SI MI CASA TIENE CAÑERÍAS VIEJAS?

- Permita que el agua fría fluya del grifo por 30 segundos antes de beberla o usarla para cocinar. El agua podría estar contaminada por cañerías, grifos o soldadura que contienen plomo si el agua lleva más de seis horas sin fluir. Llame al (415) 551-4730 para verificar si usted tiene derecho a un grifo sin plomo a precio reducido.
- Siempre saque agua fría del grifo para beber, cocinar, hacer jugos o preparar leche de fórmula. Si requiere agua caliente, saque agua fría del grifo y luego caliéntela.
- El agua filtrada no es siempre sin plomo. Si compra un filtro, asegúrese de que éste elimina el plomo.

¿QUÉ MAS PUEDO HACER?

- Haga un exámen de su casa para otras fuentes de plomo. Fuentes de plomo incluyen: pedacitos o polvo de pintura vieja dañada y polvo causado por la reconstrucción.
- No permita que sus niños jueguen con tierra.
- Láveles las manos y la cara a sus niños frecuentemente. Lave las manos de sus niños con jabón y agua antes de comer o dormir.
- Limpie los juguetes y cualquier otra cosa que los niños se meten en la boca.
- Cocine comida sana para los niños. Comidas que contienen hierro y calcio protegen al cuerpo contra los efectos del plomo.
- Pídale a su doctor que les haga a sus niños un análisis de plomo en la sangre.
- Para obtener información sobre otras fuentes de plomo, llame al: San Francisco Department of Public Health Children's Environmental Health Promotion (415) 252-3888.



預防 鉛中毒

食水含鉛測試計劃

三藩市市政府
公共事業委員會
食水品質部

電話: (650) 652-3199

免費電話: (877) 737-8297

鉛是甚麼？

鉛是一種有毒的金屬。當鉛存在兒童的體內時，它可以令兒童在學習和行為上出現問題，並損害兒童的腦部、腎及其他器官。

鉛來自那裡？

鉛在過去被使用於多種物品的生產，包括油漆、含鉛汽油、和配管系統的焊料及導管。雖然鉛業已被法例禁制使用於上述等產品，但也許它仍存在舊的樓房裡。

鉛怎樣使孩子生病？

很多時，兒童感染鉛的主要途徑是吃了含鉛的灰塵或油漆碎片。其他主要的鉛來源包括進口糖果、受污染的泥土、含鉛釉料的陶瓷餐具、及流過黃銅龍頭或含鉛導管因而受污染的食水。

鉛是否存在我家的食水裡？

在三藩市，食水雖然不是鉛的主要來源，但有六歲以下而又居住在舊樓房的家庭應考慮檢測房屋內的食水是否含鉛。

欲要測試你的食水是否含鉛：

接受婦女、嬰兒、兒童營養計劃 (WIC) 的家庭可向三藩市五所 WIC 的任何一間辦事處索取免費檢測食水含鉛票據，然後電免費電話：

(877) 737-8297

獲取免費測試食水含鉛，你必須是接受 WIC 服務的家庭並得到三藩市 WIC 發出和填寫的票據。非接受 WIC 服務的家庭欲安排食水含鉛檢測，電 (877) 737-8297，並需繳付費用 25 元。

如果我有舊的水管，我應該怎樣做？

- 飲或煮食水前，先至少讓冷水流走三十秒。當貯存於黃銅龍頭或含鉛水管內的水超過六小時而未被使用，它可能會受鉛污染。電(415) 551-4730 查詢你是否合資格購買折價的非含鉛龍頭。
- 飲、煮食、混和果汁、和調製嬰兒奶粉所用的水必須只是冷水龍頭的水。如果你需要熱水，最佳方法是煮滾冷水龍頭的排水。
- 許多水過濾器並未有效除去微小的鉛粒。如果你要買水過濾器，要確保產品說明可以過濾鉛。

我還有甚麼要做？

- 檢查你的房屋是否存在鉛危害。鉛危害包括脫落的油漆及翻新樓房時或受損壞油漆所污染的灰塵。
- 勿讓兒童在泥土或污塵上玩耍。
- 洗滌兒童的手、臉、玩具及任何他們會放入口裡的物件。進餐和睡眠前，先用水與肥皂為孩子洗手。
- 給兒童均衡及營養的飲食。含豐富鐵和鈣的食物能保護孩子減低身體對鉛的吸收。
- 要求醫生為兒童抽血驗鉛。
- 查詢有關更多其他鉛毒的來源，電 (415) 252-3888 給三藩市公共衛生署兒童環境衛生促進計劃。



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