HOW CAN I PROTECT MYSELF FROM LEAD?

- Contact your doctor about getting a lead test if you believe you have been exposed to lead.
- Eat foods rich in calcium, iron, and vitamin C. This helps keep your body from absorbing lead.
- Avoid using imported traditional medicines, cosmetics, and spices that may contain lead.
- Ensure your dishes and cookware are lead-free.
- Avoid eating non-food items, such as soil, clay, or paint chips.
- Take precautions—or hire an EPA-certified professional—when remodeling a home built before 1978 in order to prevent exposure to lead-based paint dust.

HOW CAN I LEARN MORE?

- Contact your health care provider.
- Visit the Alaska Lead Surveillance Program website:
  - http://dhss.alaska.gov/dph/Epi/eph/Pages/lead/default.aspx
- Call or email the Alaska Environmental Public Health Program:
  - Phone: 907-269-8000
  - Email: eph@alaska.gov
WHAT IMPORTED PRODUCTS COULD CONTAIN LEAD?

- **Cosmetics** such as kohl, surma, and sindoor
- **Traditional medicines** such as ayurvedic, greta, azarcon, alarcon, alkohl, bali goli, coral, ghasard, luiga, pay-loo-ah, and rueda
- **Imported items** such as glazed pottery, candy, nutritional pills or vitamins, and foods canned or packaged outside the U.S.

If you become pregnant and are concerned about past lead exposure affecting your child, talk to your health care provider.