Prevent Lead Poisoning

- Buy spices locally rather than online or overseas. Domestic products have stricter safety standards and are more likely to have been screened for heavy metals.
- Do not use products that family or friends send to you from another country.
- Keep ceremonial powders and other cosmetics out of children’s reach.
- Check labels of products for a state or federal agency safety label.
- Take your children to the doctor’s office or local health department to have them tested for lead.

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Additional Resources are available online at:
http://ehs.ncpublichealth.com/hhccehb/cehu/lead/resources.htm

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