

Keep your family safe and prevent lead exposures

- Prevent children and pregnant women from using these products unless you are certain they do not contain lead.
- Purchasing spices from local stores may decrease your risk of lead exposure. Spices hand-carried in from other countries may have higher levels of lead than similar spices bought in U.S. stores.
- Lead is especially dangerous for children and pregnant women. Children's small, growing bodies absorb more lead for their size.

Test your blood lead level

- If you or your family commonly use these types of spices, food, cosmetics, or traditional medicines, contact your health care provider and ask for a simple blood lead level test. Most children and adults who are exposed to lead have no symptoms.
- A simple blood lead test is the best way to determine if you or your child has been exposed to lead. These tests are covered by Medicaid and most private health insurance.
- There is no safe blood lead level in children. However, a blood lead level above 3.5 micrograms per deciliter (mcg/dL) indicates increased risk of health effects.

Resources

Idaho Environmental Health Program lead page - healthandwelfare.idaho.gov/health-wellness/environmental-health/lead

U.S. Food and Drug Administration: Food product recalls and safety alerts for lead - www.fda.gov/safety/recalls-market-withdrawals-safety-alerts

Consumer Products Safety Commission: Consumer product recalls for lead - www.saferproducts.gov/PublicSearch

Centers for Disease Control and Prevention - www.cdc.gov/nceh/lead/prevention/sources/foods-cosmetics-medicines.htm

U.S. Environmental Protection Agency - www.epa.gov/lead/learn-about-lead

Contact

Idaho Department of Health and Welfare
Environmental Health Program

healthandwelfare.idaho.gov/environmentalhealth

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(800) 445-8647



Children exposed to lead may develop lower IQ, learning disabilities, stunted growth, kidney damage, and attention-related behaviors, such as attention deficit hyperactivity disorder (ADHD).



Pregnant women exposed to lead may experience low birth-weight babies, premature births, miscarriage, and stillbirth.



Adults exposed to lead may develop difficulties with memory, attention, learning, hearing loss, infertility, and high blood pressure.



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