



WARNING: TURMERIC MAY CONTAIN LEAD

WHY IS LEAD DANGEROUS?



Lead is a toxic metal that can harm people if it enters the body. **Young children and pregnant women** are at risk because lead can hurt normal brain development.

LEAD IN TURMERIC



Turmeric bought in South Asian countries **may contain lead**. You can be exposed to lead when you eat foods using contaminated spices.

WHAT CAN YOU DO ABOUT IT?



- **Buy local turmeric** at a major U.S. market.
- **Test your family for lead.** Ask your doctor for a blood lead test.
- **Test your turmeric.** Call the Multnomah County Leadline at 503-988-4000 for options.

Questions?

Visit www.leadline.org
or call 503-988-4000



WHAT PRODUCTS CONTAIN LEAD?

While the main lead risk for Oregonians is lead-based paint in older homes, lead can be present in different products or everyday items.

The community should be aware of unique risks from cultural products that may contain lead such as:

- turmeric
- cosmetics
- colored powders
- health remedies
- talismans/amulets
- pottery

If you are concerned about a product containing lead, **contact 503-988-4000 about lead testing.**

Signs of lead poisoning are not easy to see. Children and adults with lead poisoning may not look or feel sick.



If you or your family members are at risk of lead poisoning, **ask your doctor for a blood lead test.**

Questions?

Visit www.leadline.org
or call 503-988-4000