
Effects of Lead Exposure

Lead poisoning is one of the most common and preventable environmental illnesses. There have been more than 200,000 reported cases of lead poisoning per year in the U.S. Lead poisoning occurs when the body absorbs large amounts of lead by breathing in or swallowing substances containing lead. Gradual buildup in the body can occur over a prolonged period lasting several months or years. Diagnosis requires lab test or imaging and treatment from a medical professional is advised. Treatment involves chelation medication and avoiding further exposure. Lead poisoning symptoms include:

- Delay in development
- Learning difficulties
- Fatigue
- Weight loss
- Vomiting
- Irritability
- Stomachache
- Crankiness
- Headaches.
- Loss of appetite
- Abdomen pain
- Increased blood pressure
- Muscle and joint pain
- Hearing loss
- Constipation



Lead Poisoning Facts

- Buildup of lead in the body is referred to as lead poisoning.
- Lead is a naturally occurring metal that has been used in many products and is harmful to the human body.
- There is no known safe level of lead in the body.
- Small amounts of lead in the body can cause lifelong learning and behavior problems.
- Lead poisoning is one of the most common environmental illness in California children.
- The United States has taken many steps to remove sources of lead, but lead is still around us

In the United States:

- Lead in house paint was severely reduced in 1978
- Lead solder in food cans was banned in the 1980s
- Lead in gasoline was removed in the early 1990s

How Are Children Exposed to Lead?

Children explore the environment using their hands and mouths. They spend a lot of time on the floor where sources of lead are found. Children 1-6 years old are the most at risk for lead poisoning because they are likely to absorb more ingested lead than adults. In California, about one percent of children under six years tested at 5 mcg/dL or greater. Most children who have lead poisoning do not look or act sick. Symptoms, if any, may be confused with common childhood complaints (listed above). Lead poisoning can harm a child's nervous system and brain when they are still forming, causing learning and behavior problems that may last a lifetime. Anemia and Lead can occur together. Even small amounts of lead in

the body can make it hard for children to learn, pay attention, and succeed in school. Higher amounts of lead exposure can damage the nervous system, kidneys, and other major organs. Very high exposure can lead to seizures or death.

What can Child Care Providers do to protect Children?

- Teach parents about lead
- Encourage parents to have children screens for lead
- Post information on Lead
- Promote good nutrition
- Reduce exposure in the facility

Health and Safety Code section 1596.7996 requires childcare providers to give parents lead poisoning prevention information. The California Department of Social Services' Provider Information Notice (PIN) gives information on this requirement.

https://www.cdss.ca.gov/Portals/9/CCLD/PINs/2020/CCP/PIN_20-01-CCP.pdf .

Health and Safety Code section 1597.16 for childcare facilities constructed before 2010 require to test water for lead. The California Department of Social Services' Provider Information Notice (PIN) gives information on this requirement. https://www.cdss.ca.gov/Portals/9/CCLD/PINs/2020/CCP/PIN_20-01-CCP.pdf .

The EPA requires child care facilities built before 1978 to use certified lead professionals for remodels and repairs <https://www.epa.gov/lead/renovation-repair-and-painting-program-operators-childcare-facilities> . CDPH maintains a list of certified professionals in California <https://www.cdph.ca.gov/Programs/CCDPHP/DEODC/CLPPB/Pages/LRCcertlist.aspx>

Potential Sources of Lead

- Lead-based paint in homes built before 1978, especially if it is chipped or peeling or if the home has been recently repaired or remodeled.
- House dust
- High friction areas like windows, doors, and vinyl mini blinds
- Lead in some foods and brightly colored spices imported from outside the USA
- Some handmade or imported pottery, dishes and water crocks may contain lead especially if it is cracked, chipped, or worn.
- Lead in some home remedies, traditional make-up and jewelry
- Some old painted toys. Old vinyl toys are more likely to have lead.
- Water from wells or running through plumbing that contains lead
- Play yards exposed to heavy traffic or that have bare dirt, soil, or old artificial surfaces (e.g. artificial turf, rubber mulch)
- Lead can be brought home on the clothing and shoes of a person who works in a field where they can be exposed to lead as part of their occupation. such as automotive repair, construction, and some manufacturing
- Lead can also occur in hobbies, such as making stain glass (e.g. the lead solder), hunting and hunting ranges (e.g. lead bullets), and fishing (e.g. lead sinkers).



Options for Blood Lead Testing

A blood lead test is free for those with Medi-Cal or if in the Child Health and Disability Prevention Program (CHDP). Children on Medi-Cal, CHDP, Head Start, WIC, or at risk for lead poisoning, should be tested at age 1 and 2. All other children should be assessed for risk of lead exposure by their health care provider at every well child visit up to age 6. Health insurance plans will also pay for this test. Parents can ask their child's doctor about blood lead testing. For more information, go to the California Childhood Lead Poisoning Prevention Branch's website at www.cdph.ca.gov/programs/clppb, or call at (510) 620-5600. (The information and images found on this publication are adapted from the California Department of Public Health Childhood Lead Poisoning Prevention Program.)

Reducing Environmental Lead Exposure

- Before use, test any potential sources of lead, e.g., paint, soil, artificial turf, water, equipment, toys, dishes, etc.
- Wiping feet before coming inside
- Keep food in glass or plastic containers and NOT in handmade or imported pottery or dishes
- Clean all equipment and surfaces regularly
- Wash Toys Regularly
- Toys and pacifiers are frequently mouthed
- Check toys for chipping paint
- Do not use old or imported toys unless you know they are lead-free
- Check CPSC for toys that have been recalled: www.cpsc.gov/Recalls/
- Monthly inspections of
 - Chipping, peeling, cracking, failing paint
 - Bare dirt and artificial play surfaces
 - Other sources of potential exposure

How to Reduce Potential Exposure to Lead in Tap Water

Health and Safety Code section 1597.16 for childcare facilities constructed before 2010 to test water for lead. The California Department of Social Services' Provider Information Notice (PIN) gives information on this requirement. https://www.cdss.ca.gov/Portals/9/CCLD/PINs/2020/CCP/PIN_20-01-CCP.pdf.



- **Flush the pipes in your home.** Let water run at least 30 seconds before using it for cooking, drinking, or for baby formula (if used). If water has not been used for 6 hours or longer, let water run until it feels cold (1 to 5 minutes.)
- **Regularly clean faucet screen** (also known as an aerator)
- **Use only cold tap water for cooking, drinking, or baby formula (if used).** If water needs to be heated, use cold water and heat on stove or in microwave.
- **Care for your plumbing.** Lead solder should not be used for plumbing work. Periodically remove faucet strainers and run water for 3 to 5 minutes.
- **Consider using water filters** certified to remove lead and follow manufacturer's instructions for installing and replacing the filters.
- **Be cautious of water storage in handmade or antique ceramic glazed water crocks.** Some water crocks may contain lead.

Homes built before 1986 are more likely to have pipes, solder, or fixtures that contain lead. Consider replacing older brass fixtures installed prior to 2010 with new ones that meet the January 1, 2010, requirements. Items that carry the NSF 61, Annex G designation meet this designation.

The only way to know if tap water has lead is to have it tested. Tap water is more likely to have lead if:

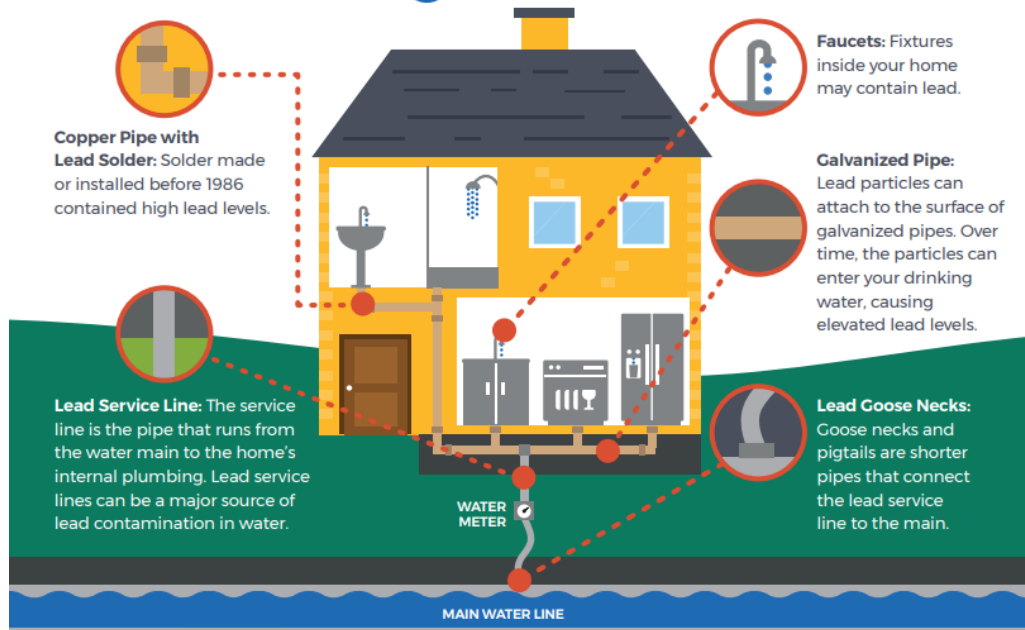
- Plumbing materials, including fixtures, solder (used for joining metals), or service lines may contain lead
- Water does not come from a public water system (e.g., a private well).

For information on testing water for lead, visit The Environmental Protection Agency at www.epa.gov/lead/protect-your-family-exposures-lead or call 800-426-4791 or The California Department of Public Health's website at <https://www.cdph.ca.gov>.



CONCERNED ABOUT LEAD IN YOUR DRINKING WATER?

Sources of **LEAD** in Drinking Water



https://www.cdss.ca.gov/Portals/9/CCLD/PINs/2020/CCP/PIN_20-01-CCP.pdf

Handwashing

Children's hands can carry germs and lead dust to their mouths. Children in childcare should:

- Wash hands for at least 20 seconds
- Wash hands before eating and handling food
- Wash after using the restroom, diapering or handling body fluids
- Wash after playing outside
- Before going to bed

Tip for handwashing with children:

Direct children to the hand washing area by singing this song to the tune of "Row, Row, Row Your Boat"

***"Wash, wash, wash your hands.
Play our handy game.
Rub and scrub, and scrub and rub.
Germs go down the drain, HEY! "***

You can also try the following poem by Maurci Jackson:

*Wash your hands before you eat.
Wash your hands before you sleep.
Wash your hands after play.
Wash your hands throughout the day.
Run the water in the sink.
Several minutes before you drink.
Drink the water, drink a lot.
But never drink the water hot.*

Lead Exposure Prevention and Nutrition

Frequent healthy meals and snacks can help prevent the absorption of lead. Lead is absorbed more easily in an empty stomach. A full stomach reduces the amount of lead absorbed by the body. Children should be offered healthy meals and snacks often. Keep food in glass or plastic containers. Healthy foods include:

- Fruits including fresh, frozen or canned fruits. If you provide juice, choose 100% juice without added sugars and limit number of servings. Look for canned fruit that says light or packed in its own juice, meaning it's low in added sugar.
- Whole Grains, such as whole-wheat bread, oatmeal, popcorn, quinoa, or brown or wild rice.
- Dairy, like low-fat milk, yogurt, cheese, soymilk or nut milks, without added sugars
- Protein, like seafood, lean meat and poultry, eggs, beans, soy products, and unsalted nuts and seeds.
- Vegetables, including fresh, frozen or canned vegetables. Provide a variety of colors, like dark green, red, orange, yellow and purple vegetables. If serving canned or frozen vegetables, look for options lower in sodium (salts).

Limit foods with:

- Added sugar
 - candy, cookies, granola bars, soda, sugary breakfast cereal, pastries and sweet treats.
- Added trans fats
 - fried foods, fast foods, chips, pork rinds and other processed foods.

Prepare foods carefully. Wash your hands and the children's hands before touching food. Surfaces used for food preparation and serving should be clean. Wash fresh foods before eating or cooking. Do not cook, serve, or store food or beverages in opened cans, in dishes or crocks that contain lead, or in leaded crystal.

Seat children at the table when eating. They are less likely to drop food on the floor, where it may pick up lead dust and then be eaten.

Children learn about nutrition by:

- Eating what you serve and watching you eat healthy foods
- Including nutrition concepts in their environment or play area (like play food, pictures of food, empty food boxes)
- Formal learning activities such as songs about food, growing their own food and using food for science experiments.
- Cooking activities where they can handle, smell, taste, serve and receive food from others.

Some Snacks to Try!

Snacks are important for children. Young children enjoy smaller, more frequent meals. Here is a great recipe that they cannot resist. It's fun and healthy, too! Share your healthy recipes and activities with parents.

Mock Sour Cream Dip

1 cup low-fat cottage cheese
1 cup low-fat plain yogurt
1/3 cup non-fat dry milk powder
2 ounces grated cheddar cheese
2 tbsp lemon juice

Run ingredients through food processor or blender until smooth. After everyone has washed up, serve with fruits and veggies for dipping. Each child should have his or her own dish.



Green Smoothies (Serves 2)

1-cup low-fat vanilla yogurt
3/4 cup low-fat milk
1/2 cup frozen strawberries or other frozen fruit
1-cup fresh or frozen spinach, kale or other dark leafy green

In a blender, combine the yogurt, milk, greens and frozen fruit. Blend until smooth. Pour into cups and serve immediately.

Lead Poisoning Prevention Training Quick Fact Sheet for Child Care Providers

Many steps you already take to protect children from communicable diseases will also protect them from lead. Children aged six months to six years are most at risk for lead poisoning. Help protect them while they are in your care! Lead can harm a child's brain, making it difficult for them to learn, pay attention and behave. Childcare providers can make positive changes to prevent childhood lead poisoning.

Places in your childcare center where lead might be found

- Chipped or peeling paint in homes built before 1978.
- Some pots and dishes made outside the USA.
- Dust, dirt, and areas with bare soil.
- Some home remedies like Alarcon, Greta, or other white or brightly colored powders.
- Some imported candies, some spices such as turmeric and chili.
- Some cosmetic, religious and ceremonial powders like sindoor, surma, kohl, and srichurnam.
- Paint has been disturbed or there is bare soil.
- Hobbies like making fishing sinkers, handling bullets, or soldering may take place.

How to keep the children safe from lead poisoning?

- Wash hands and face before and after eating, after playing and before sleeping
- Wiping feet before coming inside for infants and toddlers who spend much of their day playing on the floor
- Wet mop, wet wipe window frames, windowsills and floors often
- Wash toys, pacifiers, and other objects kids play with frequently
- Keep playtime safe indoors and outdoors
- Do not allow kids chew on windowsills or anything painted
- Cover bare soil where kids play with grass or wood chips
- Offer children healthy foods

Most kids with lead poisoning do not look or act sick. The only way to know is with a blood test. Recommend that children get tested at age one and two years. This is required for children in government health programs.

For more information about preventing lead poisoning or testing your program for paint and products containing lead, contact:

- Your local Childhood Lead Poisoning Prevention Program
- The California Department of Public Health Childhood Lead Poisoning Prevention Branch at (510) 620-5600.

Child Care Provider Lead Poisoning Prevention Training: Cleaning and Sanitizing Schedule

Cleaning and washing with soap and water removes dirt, lead dust, and body fluids. All-purpose liquid detergents in water are the best cleaning agents. Sanitizing with chemicals eliminates from surfaces most germs that cause illness. In the childcare setting, a solution of liquid chlorine bleach, mixed and used according to label instructions, is an example of a low-cost, effective sanitizing solution.

Clean, sanitize, and/or disinfect before or after each use:

- mouthed toys
- changing tables
- dishes and utensils
- counters used for preparing food
- counters used for brushing teeth
- tables used for eating

Requires DAILY cleaning at the end of the day or when soiled:

- Toys
- Toilets
- Sinks
- Doorknobs
- Diaper pails
- Drinking fountains
- Vacuum and/or mop hard surfaces
 - floors or mats used for play
 - carpets or rugs
 - kitchen floors
 - bathroom floors
 - counters
 - tables



Requires WEEKLY cleaning or when soiled:

- Cubbies
- Cribs
- Trash Cans
- Refrigerators
- Windowsills baseboards

Lead Poisoning Checklist in Childcare Centers

What should you look for when doing an assessment of possible lead sources in your center? checklist is provided below to help you identify lead risks in your childcare center. **If yes, ✓**.

- ☐ **Was the childcare center built before 1978?**
A majority of homes/buildings built before 1978 contain lead-based paint. Test paint for lead if you see any damage.
- ☐ **Are there walls, doorways, floors, stairs, porches, furniture, or window sills with cracked or peeling paint?**
Lead-based paint is unsafe if it peels, chips, or cracks. Harmful dust is created from wear over time.
- ☐ **Are any cribs or other furniture against any walls?**
This creates distance from any painted walls that may contain lead.
- ☐ **Are there any antique, imported or homemade ceramic dishware or water crocks?**
Though not common, lead was added into paint for vibrant coloring. Have these types of pottery and dishes tested to make sure it does not contain lead. Test kits for pottery and dishes can be purchased from hardware stores
- ☐ **Does the childcare have older pipes or brass fixtures installed before 1986?**
Homes built before 1986 are more likely to have pipes, solder, or fixtures that contain lead. Consider replacing older brass fixtures installed prior to 2010 with new one. Test your pipes or fixtures.
- ☐ **Do you allow your water to run until it feels coldest before use?**
Run water 30 seconds to a few minutes depending on how long the water has been sitting in the pipes to get any lead out. Use only cold water from the tap to cook with, drink, or to mix with infant formula.
- ☐ **Is the property near a busy roadside?**
Roads can be contaminated with leaded gasoline emitted by cars
- ☐ **Do the children play in lead contaminated soil near the property?**
Soil around homes and buildings with lead-based paint may have lead chips, dust, or flakes in it. Children can accidentally swallow this soil while playing outdoors. Plant grass, shrubs or other ground cover to prevent direct contact with the soil.
- ☐ **Are floors, carpets, windowsills and other hard surfaces cleaned daily?**
Vacuum and mop daily. Soil may be tracked indoors from shoes onto carpet and floors where children can eventually come into contact with it. Remove shoes when coming inside.
- ☐ **Do you have painted furniture or toys from an unknown origin?**
Don't allow children to chew on painted furniture or toys. Have it tested to make sure it is lead free before use.

If you have answered yes to any of these questions, have your childcare center tested by a certified professional. For more information about preventing lead poisoning or testing your program for paint and products containing lead, contact:

- Your local Childhood Lead Poisoning Prevention Program
- The California Department of Public Health Childhood Lead Poisoning Prevention Branch at (510) 620-5600.

WHAT ELSE CAN YOU DO TO HELP PREVENT CHILDHOOD LEAD

POISONING?

Inform families that anemia and lead poisoning may occur together. Refer children with anemia who have not had a lead test to their health care provider for a blood lead test, and to Special Supplemental Nutrition Program for Women, Infants and Children (WIC), Food stamp program, or other food program.

Enroll in the childcare food program to receive financial assistance and education to provide healthy food. Your childcare resource and referral agency can give you a local number for this program.

For more information on childhood lead poisoning prevention, call your local Childhood Lead Poisoning Prevention Program, local health department or the CLPPB at (510) 6205600

The Child Care Support Network

Working through the following agencies and organizations is an excellent way to reach childcare providers. Here are some suggestions for getting your lead message out to and through these agencies:

- Prepare newsletter articles to publish. Newsletters can provide training and outreach to all childcare providers.
- Put on workshops for their staff or boards
- Work with agencies to include lead poisoning prevention messages in informational or training materials they already use, or in mailings they already do. Mailing list of large family childcare and center programs can be provided.

California Association for the Education of Young Children (AEYC) affiliates are professional organizations for early childhood program providers. The current president of the group in your area can be contacted by calling the state office at (916) 486-7750 www.caeyc.org. Most AEYCs sponsor an annual conference or newsletter. They can be strong advocates for protecting children.

Family Child Care Association There are more than 50 associations in California, often several in one county. Some are part of a state network and some a national network. Contact the CCCRR Consumer Education Line or the local resource and referral agency for information

California Child Care Resource and Referral Network (CCCRR) toll-free Consumer Education Line: (800) 543-7793 (in California) Information available in English and Spanish. California R&R Network website: www.rrnetwork.org

Every county has at least one Resource and Referral Network (R&R) who has extensive knowledge of childcare programs, providers and services

Head Start Administration Head Start providers in California are contracted by Region IX Head Start Administration. Local contractors are listed at caheadstart.org/headstart_community.html. Head Start programs are required to provide education to low-income families. They often look for speakers and/or health promotion materials.

Federal Child and Adult Care Food Program (CACFP) Every county has at least one agency that operates this program. Your local childcare resource and referral agency can assist in locating the program in your area, or check the contacts listed at the California Department of Education site <https://www.cde.ca.gov/ls/nu/cc/cacfpcontact.asp>

Food program representatives routinely visit all childcare programs enrolled to receive food subsidies. They provide nutrition education and would be well positioned to deliver lead poisoning prevention messages, especially as they relate to nutrition. This is a good way to reach family childcare providers.

California Department of Social Services, Community Care Licensing A division of the Department of Social Services. Child Care evaluators monitor licensing compliance. They make one unannounced visit every three years to family childcare homes and a yearly visit to centers.

Licensing evaluators could benefit from a workshop on lead hazards. While they are not mandated to inspect for lead hazards, they may be able to disseminate information at site visits or orientation meetings required for every new childcare program.

Many associations sponsor workshops or have newsletters for their members

Northern California Child Care Area Office:
(916) 651-6040

Southern California Child Care Area Office:
(323) 981-3878

Regional Offices:

- Bay Area (510) 622-2602
- Central Coast (805) 562-0400
- Chico (530) 895-5033
- Fresno (559) 243-4588
- Inland Empire (909) 782-4200
- Los Angeles East (323) 981-3350
- Los Angeles Northwest (310) 337-4333
- Mission Valley (619) 767-2200
- Orange (714) 703-2800
- Peninsula (650) 266-8800
- River City (916) 263-5744
- Rohnert Park (707) 588-5026
- San Jose (408) 324-2148

California Community Colleges and State Universities Most community colleges, some universities, and some extensions offer childcare health and safety and other childcare appropriate courses. You may view a map of community college campuses: californiacommunitycolleges.cccco.edu/maps/map. Or view a map of state university campuses: degrees.calstate.edu/campuses

Many early childhood education instructors are willing to disseminate health promotion literature, others welcome guest speakers.

California Alternative Payment Program (CAPPA) Alternative Payment Programs administer funds for low-income families to purchase the childcare services of their choice. This includes non-regulated childcare, such as relative care. Most programs can be contacted through the local resource and referral agency. **CAPPA Office: 1451 River Park Drive, Suite 185 Sacramento, CA 95815 (916) 567-6797**
www.cappaonline.com

These programs are well positioned to disseminate information to a hard-to reach population of both licensed and non-licensed providers.

California Children and Families Commission (First 5 California) Distributes funds to local communities through the state's 58 individual counties, all of which have created local First 5 county commissions. May maintain QRIS rankings. Funds are distributed to promote, support, and optimize early childhood development. <http://www.cafc.ca.gov/>

There is central address in each county for developing and coordinating resources. They host a periodic statewide summit.

Local Child Care Health and Safety Trainers. The requirement of 16 hours of health and safety training has led to the development of a cadre of trainers who are paid to provide the training. They often represent national or state organizations.

Childcare health and safety trainers often welcome appropriate materials related to injury prevention. Childhood lead poisoning prevention should be included in all trainings as part of the injury prevention curriculum.

Information can be at received at local childcare conferences where you can present or distribute information. Find out if there are interagency childcare coalitions or an appropriate task force that may welcome information and strategies to reduce childhood lead poisoning.

Consider participating in Local Child Care Planning Councils
<https://www.cde.ca.gov/sp/cd/re/lpccontacts.asp>

For additional information, refer to: American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs. 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2011.

Child Health and Disability Prevention Program Local CHDP Directory

For the most recent contact information visit California's Department of Health Care Services website at www.dhcs.ca.gov/services/chdp/Pages/CountyOffices.aspx

- Alameda 01 1000 San Leandro Boulevard, Suite 200, San Leandro, CA 94577-1674 510-618-2070 510-618-2077
- Alpine 02 75-B Diamond Valley Road, Markleeville, CA 96120-9579 530-694-2146 530-694-2252
- Amador 03 10877 Conductor Blvd, Suite 400, Sutter Creek, CA 95685 209-223-6669 209-223-3524
- City of Berkeley 59 1947 Center Street, 2nd Floor, Berkeley, CA 94704 510-981-5300 510-981-5345
- Butte 04 82 Table Mt. Blvd, Suite 30, Oroville, CA 95965 530-538-6222 530-538-6218
- Calaveras 05 Mail: 891 Mountain Ranch Road, San Andreas, CA 95249-9713 Street: 700 Mountain Ranch Road, Suite C2, San Andreas, CA 95249 209-754-6460 209-754-6459
- Colusa 06 251 East Webster Street, Colusa, CA 95932-2951 530-458-0380 530-458-4136
- Contra Costa 07 2500 Bates Ave. Ste B, Concord, CA 94520 925-313-6150 925-313-6160
- Del Norte 08 880 North crest Drive, Crescent City, CA 95531-9988 707-464-3191 707-465-4573
- El Dorado 09 941 Spring Street #3, Placerville, CA 95667 530-621-6110 530-622-5109
- Fresno 10 Mail: P.O. Box 11867, Fresno, CA 93775-1867 Street: 1221 Fulton Mall, Fresno, CA 93721 559-600-3281 559-600-7726
- Glenn 11 240 North Villa Avenue, Willows, CA 95988-2694 530-934-6588 530-934-6463
- Humboldt 12 908 7th Street, Eureka, CA 95501 707-445-6210 707-476-4960
- Imperial 13 Mail: 935 Broadway, El Centro, CA 92243-2396 Street: 797 Main Street, Suite A, El Centro, CA 92243 760-482-2769 760-336-3903
- Inyo 14 Mail: P.O. Box Drawer H, Independence, CA 93526 Street: 155 East Market, Independence, CA 93526 760-878-0241 760-878-0266
- Kern 15 1800 Mount Vernon Avenue, Second Floor, Bakersfield, CA 93306-3302 661-321-3000 661-868-0493 Kings 16 330 Campus Drive, Hanford, CA 93230-4375 559-584-1401 559-582-6803
- Lake 17 922 Bevins Court, Lakeport, CA 95453 707-263-1090 707-262-4280
- Lassen 18 1445 Paul Bunyan Road, Susanville, CA 96130-3146 530-251-8183 530-251-2668
- City of Long Beach 60 2525 Grand Ave, Long Beach, CA 90815 562-570-7980 562-570-4099
- Los Angeles 19 9320 Telstar Avenue, Suite 226, El Monte, CA 91731-2849 800-993-2437 626-569-9350
- Madera 20 14215 Road 28, Madera, CA 93638-5715 559-675-7608 559-674-7262
- Marin 21 3240 Kerner Blvd, San Rafael, CA 94901 415-473-4269 415-473-6396
- Mariposa 22 Mail: P.O. Box 5, Mariposa, CA 95338 Street: 4988 Eleventh Street, Mariposa, CA 95338 209-966-3689 209-966-4929
- Mendocino 23 1120 South Dora Street, Ukiah, CA 95482-8333 707-472-2600 707-472-2735
- Merced 24 260 East 15th Street, Merced, CA 95340-6216 209-381-1125 209-381-1102
- Modoc 25 441 North Main Street, Alturas, CA 96101 530-233-6311 530-233-5754
- Mono 26 Mail: P.O. Box 3329, Mammoth Lakes, CA 93546 Street: 437 Old Mammoth Road, Suite Q, Mammoth Lakes, CA 93546 760-924-1830 760-942-1831
- Monterey 27 1615 Bunker Hill Way, Suite 190, Salinas, CA 93906 831-755-4960 831-443-1123
- Napa 28 2751 Napa Valley Corporate Dr. Building B, Napa, CA 94559 707-253-4316 707-299-2123

- Nevada 29 500 Crown Point Circle, Suite 110, Grass Valley, CA 95945 530-265-1462 530-271-0841
- Orange 30 Mail: P.O. Box 6099, Santa Ana, CA 92706-0099 Street: 1725 West 17th Street, Santa Ana, CA 92706 714-567-6224 714-834-7948
- City of Pasadena 61 1845 North Fair Oaks Avenue, Room 2137, Pasadena, CA 91103-6120 626-744-6015 626-396-7324
- Placer 31 11484 B Avenue, Auburn, CA 95603-2603 530-886-3620 530-886-3606
- Plumas 32 270 County Hospital Road, Suite 111, Quincy, CA 95971 530-283-6330 530-283-6110
- Riverside 33 Mail: P.O. Box 7600, Riverside, CA 92513-7600 Street: 10769 Hole Ave, Suite 210, Riverside, CA 92505 951-358-5481 951-358-5002
- Sacramento 34 9616 Micron Avenue, Suite 950 Sacramento, CA 95827 916-875-7151 916-875-9773
- San Benito 35 439 Fourth Street, Hollister, CA 95023-3801 831-637-5367 831-637-9073
- San Bernardino 36 606 East Mill Street, San Bernardino, CA 92415 909-387-6499 909-387-6348
- San Diego 37 Mail: P.O. Box 85222, San Diego, CA 92186-5222 Street: 3851 Rosecrans Street, San Diego, CA 92110 619-692-8808 619-692-8827
- San Francisco 38 30 Van Ness, Suite 210, San Francisco, CA 94102-6082 415-575-5712 415-558-5905
- San Joaquin 39 Mail: PO BOX 2009, Stockton, CA 95201-2009 Street: 420 S Wilson Way, Stockton, CA 95205 209-468-8335 209-468-2072
- San Luis Obispo 40 2180 Johnson Ave, San Luis Obispo, CA 93401 805-781-5527 805-781-4492
- San Mateo 41 2000 Alameda de las Pulgas, Suite 210, San Mateo, CA 94403 650-573-2877 650-573-2859
- Santa Barbara 42 345 Camino del Remedio, 3rd Floor, Santa Barbara, CA 93110 805-681-5130 805-681-4958
- Santa Clara 43 1993 B McKee Road San Jose, CA 95116 408-937-2250 800-689-6669 408-937-2252
- Santa Cruz 44 Mail: P.O. Box 962, Santa Cruz, CA 95061 Street: 12 West Beach Street, Suite 271, Watsonville, CA 95076 831-763-8100 831-763-8410
- Shasta 45 2650 Breslauer Way, Redding, CA 96001-4297 530-225-5122 530-225-5852
- Sierra 46 Mail: P.O. Box 7, Loyalton, CA 96118-0007 Street: 202 Front Street, Loyalton, CA 96118 530-993-6700 530-993-6790
- Siskiyou 47 806 South Main Street, Yreka, CA 96097-3321 530-841-2133 530-841-4092
- Solano 48 275 Beck Avenue, MS 5-175, Fairfield, CA 94533-4090 707-784-8670 707-438-2500
- Sonoma 49 625 Fifth Street, Santa Rosa, CA 95404-4428 707-565-4460 707-565-4473
- Stanislaus 50 830 Scenic Drive, Third Floor, Modesto, CA 95350 209-558-8860 209-558-8859
- Sutter 51 Mail: P.O. Box 1510, Yuba City, CA 95992-1510 Street: 1445 Veterans Memorial Circle, Yuba City, CA 95993 530-822-7215 530-755-7223
- Tehama 52 Mail: P.O. Box 400, Red Bluff, CA 96080-0400 Street: 1860 Walnut Street, Suite C, Red Bluff, CA 96080-3611 530-527-6824 530-527-0362
- Trinity 53 Mail: P.O. Box 1470, Weaverville, CA 96093-1470 Street: 51 Industrial Park Way, Weaverville, CA 96093-1470 530-623-1358 530-623-1297
- Tulare 54 1062 S. K Street, Tulare, CA 93274 559-687-6915 559-685-4701
- Tuolumne 55 20111 Cedar Road North, Sonora, CA 95370-5939 209-533-7414 209-533-7406
- Ventura 56 2240 East Gonzales Road, Suite 270, Oxnard, CA 93036-8210 805-981-5291 805-658-4505
- Yolo 57 137 North Cottonwood Street, Suite 2200, Woodland, CA 95695 530-666-8249 530-666-1809
- Yuba 58 5730 Packard Avenue, Suite 100, Marysville, CA 95901 530-749-6366 530-741-6397