WHAT YOU SHOULD KNOW ABOUT LEAD
THE BASICS ABOUT EXPOSURE TO LEAD

Lead is a heavy metal which harms the brain and nervous system. Lead has been found in paint chips, household dust, soil, drinking water, and some products like paint, jewelry, toys, and some foods.

There is no safe level of lead exposure.
There is no cure for lead poisoning.
BUT - it is 100% preventable!

In children, exposure to lead is linked to:
• ADHD
• aggression
• bullying
• cognitive challenges
• learning disabilities
• poor problem solving

In adults, exposure to lead has been linked to:
• hearing loss
• hypertension
• kidney damage
• osteoporosis
• Parkinson’s
• reproductive issues
• social challenges

If you think that you or your child has been exposed to lead, contact your health care provider. Often children and adults who are exposed to lead display no symptoms. The best way to tell if you or your child has been exposed is with a blood lead test.