

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



PAINT

Lead paint chips and household dust is the largest source of lead poisoning in children. Most children get lead poisoning from lead paint in homes built before 1978. When old paint peels or cracks, it makes lead dust which kids can swallow or breath in.



SOIL

Children can be exposed to lead by playing in or breathing around contaminated soil.

Lead can get in soil from lead paint chips or dust on the outside of homes or garages. Past use of leaded gasoline may have contaminated soil.



WATER

You cannot see, taste, or smell lead in drinking water. Certain pipes that carry drinking water from the water source to the home may contain lead. Household plumbing fixtures, welding solder, and pipe fittings made prior to 1986 may contain lead.



PRODUCTS

High levels of lead have been found in jewelry, especially inexpensive jewelry like costume jewelry.

Lead has been found in food, spices, imported ceramic wear, and cosmetics. It can also be found in toys made before 1978 when lead paint was banned.

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.

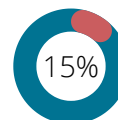
A Fact Sheet from



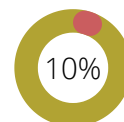
HEALTHY CHILDREN PROJECT



Children with elevated blood lead levels are **7 times** more likely to drop out of school



15% of adult crime has been associated with lead exposure



10% of juvenile delinquency has been associated with lead exposure