

Lead and Your Health



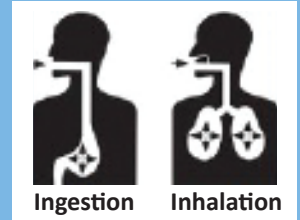
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What is Lead Used for?

Lead is used to make ammunition and batteries. It was also used in pipes, paint and gasoline.



How are We Exposed?



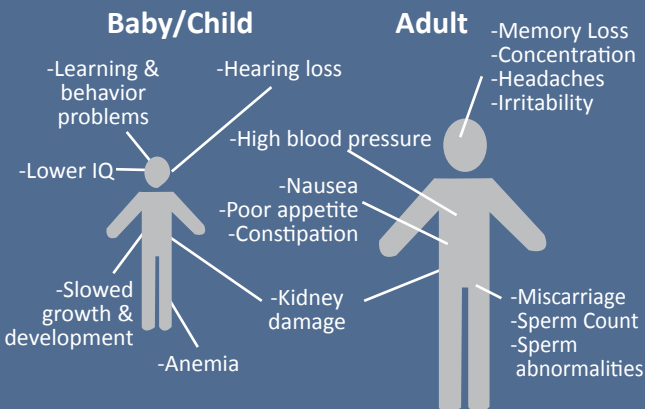
Sources of Lead



Populations At-Risk



Health Effects



How to Reduce Risk

- Keep floors, windows and surfaces dust free. Use a wet rag or HEPA vacuum.
- Wash hands often, especially kids.
- Cover dirt where kids play with bark, grass, concrete, plants, stones.
- Wash children's toys often.
- Change clothes after working with lead to keep lead dust away from your car and home.
- Use store-bought soil to grow food.
- Wash fruits and vegetables. Peel root vegetables like carrots and potatoes.
- Have iron, vitamin C, calcium in your diet.
- Use a washable rug at the door to catch dirt. Better yet, remove shoes at the door.
- Get blood lead tested if you are concerned about being exposed, especially your kids.