Lead and Your Health

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?

- Ingestion
- Inhalation

Sources of Lead

- Imported Products
  - Candies
  - Jewelry
  - Foods & Beverages
  - Cosmetics
  - Toys
- Home and Environment
  - Soil
  - Peeling Lead Paint
  - Lead Water Pipes
  - Dust
- Jobs & Industry
  - Battery Facilities
  - Lead Smelting
  - Steel Welding
  - Mechanics
  - Mining
- Hobbies/Activities
  - Home Renovation
  - Glazed Pottery Work
  - Stained Glass Work
  - Fishing Sinkers
  - Smoking
- Cultural Sources
  - Home Remedies
  - Lead-Glazed Pottery

Populations At-Risk

Child

Adult

Pregnant Woman

Baby

Health Effects

Baby/Child

- Learning & behavior problems
- Lower IQ
- Slowed growth & development
- Anemia
- Nausea
- Poor appetite
- Constipation
- High blood pressure
- Miscarriage

Adult

- Hearing loss
- Memory loss
- Concentration
- Headaches
- Irritability
- Kidney damage
- Sperm Count
- Sperm abnormalities
- Kidney damage
- Anemia
- Nausea
- Poor appetite
- Constipation
- Lower blood pressure
- Headache

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.