## Lead and Your Health

Office of Environmental Health Hazard Assessment 

www.OEHHA.ca.gov

Inhalation

## What is Lead How are We **Used for? Exposed**? Lead is used to make ammunition and batteries. It was also used in pipes, paint and gasoline. Ingestion Sources of Lead Imported Home and Products Environment Candies -Soil -Jewelry -Peeling Lead Paint -Foods & Beverages -Cosmetics -Lead Water Pipes -Dust Tovs **Hobbies**/Activities Jobs & Industry Glazed Pottery Work -Stained Glass Work -Lead Smelting -Steel Welding Fishing Sinkers Cultural Sources Lead-Glazed Pottery **Populations At-Risk** How to Reduce Risk Keep floors, windows and surfaces dust free. Use a wet rag or HEPA vacuum. Adult Child **Pregnant Woman** Baby Wash hands often, especially kids. Cover dirt where kids play with bark, grass, concrete, **Health Effects** plants, stones. Baby/Child Wash children's toys often. Adult -Memory Loss -Concentration -Learning & Change clothes after working with lead to keep lead -Hearing loss -Headaches behavior dust away from yoru car and home. -Irritability problems -High blood pressure Use store-bought soil to grow food. -Lower IQ--Nausea Wash fruits and vegetables. Peel root vegetables -Poor appetite like carrots and potatoes. -Constipation Have iron, vitamin C, calcium in your diet. -Slowed -Kidnev -Miscarriage

-Sperm Count

abnormalities

-Sperm

growth &

development

damage

-Anemia

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.