



# Lead Exposure- What You Need to Know

## Where is Lead Found?

While no longer used in American paint and gasoline, lead can still be found in several places including:

Pre-1978 house paint	Toys and furniture painted pre-1976	Lead bullets, fishing sinkers and curtain weights
Plumbing, pipes, and faucets connected with lead solder.	Soil contaminated by car exhaust or house paint	Children's paint sets and art supplies
	Pewter pitchers and dinnerware	

## Who is at Risk and What are the Symptoms of Lead Exposure?

While anyone exposed may develop symptoms, children (especially young children) are at greatest risk as lead affects developing nerves and brains. A single high dose can cause severe emergency symptoms like vomiting, abdominal pain and cramping, staggered walk, muscle weakness, seizures and coma. However, it is more common for levels to build slowly over time. Lead exposure in this way may result in:

Behavior or attention problems (including aggressive behavior)	Hearing problems	Kidney damage
Reduced IQ	Slowed body growth	Reduced sensations
Anemia	Constipation	Difficulty Sleeping
Low appetite and energy	Irritability	Loss of previous development skills (in young children)

## How Can I Reduce Exposure to My Family?

Keep your home as dust free as possible	Wash hands before eating	Let tap water run for a minute before using it
Avoid canned goods from other countries	Remove sources of lead paint (being careful to prevent dust inhalation)	Supervise children playing outside to prevent contaminated soil exposure

***If you or your child is experiencing symptoms of acute severe lead poisoning call 911 immediately. If you would like to have your child (age 6 or younger) tested for their blood lead level please call 910-798-6635.***