



Lead Poisoning

If you are nursing, pregnant, or a child under the age of 6 years old, you are most at risk of lead effects. Lead poisoning hurts the brain and nervous system. Lead in a child's body can slow down growth and development, harm hearing and speech, and make it hard to listen and learn.

How can lead get into your body

Lead and lead dust can get into your body in several ways:

- **Eating** or by **breathing** it.
- **Drinking water** from lead pipes.

Where is lead?

Lead can be found in many places including:

- Soil and tap water
- Toys and toy jewelry
- Pots or containers, candy and folk medicine made in other countries
- Work places where auto repair, construction and plumbing are done

Did you know?

Most children get lead poisoning from lead dust on their hands and toys.

What you can do



Keep yourself safe

Wash your hands and face after work and before eating. Lead dust is small and may be on your hands or clothes.



Be safe at work

Wear protective clothes, goggles, gloves, and boots to prevent contact from lead and lead dust. In some cases, a dust mask may be needed.



Keep your home lead free

Change work clothes and shoes before entering your home. Wash your work clothes separate from your non-work clothes.



Get tested for lead

Ask your job if they give blood lead level testing. This is a simple blood test that can find out if you have lead in your body. You can also ask your nurse or doctor about this test.



Eat healthy foods

Foods with calcium, iron, and vitamin C help keep lead out of the body.