

# Health Effects of Lead



Exposure to lead is dangerous for all people. It has been shown to harm every organ system in the body.

## Childhood Development

Even low levels of lead in the blood of children can result in:

- Behavior and learning problems
- Lower IQ and Hyperactivity
- Slowed growth
- Hearing problems
- Anemia



In rare cases, ingestion of lead can cause seizures, coma and even death.

## Pregnant Woman

During pregnancy, calcium and lead build up from previous exposure is released from the mother's bones to the fetus or the baby through breastfeeding. As a result, the developing fetus or baby can be born too early or small, hurt the baby's brain, kidney's, and nervous system, or put the mother at risk for a miscarriage.



## Adults

Lead is also harmful to other adults. Adults exposed to lead can suffer from:

- Cardiovascular effects, increased blood pressure and incidence of hypertension;
- Decreased kidney function; and
- Reproductive problems (in both men and women).



## Available Online Resources

- EPA- Lead: <https://www.epa.gov/lead>
- CDC Childhood Lead Prevention Program: <https://www.cdc.gov/nceh/lead/default.htm>
- Consumer Product Safety Commission: <https://www.cpsc.gov/>
- Maine EOHP - Childhood Lead Poisoning <https://www.maine.gov/dhhs/mecdc/environmental-health/eohp/lead/index.shtml>
- CDC Information for Workers: <https://www.cdc.gov/niosh/topics/lead/workerinfo.html>

## Maine's Health and Environmental Testing Lab:

Maine Lead Dust Wipes:  
<https://www.maine.gov/dhhs/mecdc/public-health-systems/health-and-environmental-testing/lead/leadin.htm>

How to Use Lead Dust Wipes:  
<https://www.youtube.com/watch?v=AQxZfGZbrNU>

Lead-First Draw: Test Lead in Plumbing  
[https://www1.maine.gov/cgi-bin/WebShop/public/product?store\\_id=10&product\\_id=247](https://www1.maine.gov/cgi-bin/WebShop/public/product?store_id=10&product_id=247)

Penobscot Nation Health Department  
(207) 817-7430  
Open Monday-Friday  
8:00 am-4:30 pm



# Lead Prevention FOR HOMEOWNERS



- Health Effects of Lead
- Where Lead Can Be Found
- Pediatric Lead Testing
- How to Test Your Home for Lead
- How to Prevent Lead Exposure in Your Home



# Where can lead be found?

- In the paint of homes built before 1978, when lead-based paint was banned
- Old water pipes
- Jewelry and toys
- Contaminated soil
- Bullets
- Cosmetics
- Imported spices or candies from other countries
- Jobs in construction, manufacturing, transportation and remediation
- Hobbies with lead-based products, like making fish weights or refurbishing furniture

# Pediatric Blood Lead Testing

Children under 6 years old are most at risk for lead poisoning. Young children are closer to the ground where lead surface dust can accumulate. Additionally, as children are learning to explore and interact with the world around them, they can put items covered with lead dust into their mouths. Effects of lead can further be worsened, as lead is more toxic to children at lower levels.

Children ages 1 and 2, and those with suspected increased lead risk, should be screened for lead. Appointments for blood lead testing can be made at the health department.

# How to Test Your Home for Lead

Test your home and plumbing for lead with environmental lead dust wipes and a lead-first draw test. Contact the health department for assistance in purchasing kit.

# How to Prevent Lead Exposure in Your Home

## Take Precautions to Prevent Lead Poisoning in Children

- Keep children away from peeling or chipping paint and chewable surfaces with lead-based paint, especially windows.



- Check with the Consumer Product Safety Commission (CPSC) for toy and jewelry recalls. Be cautious of older toys not listed, especially if they are made of metal or are painted.



- Wash children's hands often, especially before they eat or sleep.



- Limit soil exposure:
  - Cover bare soil with grass, plants, gravel, or wood chips.
  - Do not let children play near the walls of the house or garage or on bare soil.
  - Have children play in grassy areas or a sandbox that can be covered.

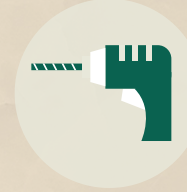
## Keep Your House Clean

- Use a doormat in front of entrances to the household. Wipe your shoes on the door mat and take off your shoes before entering the home.
- Use a damp cloth to wipe down floors and windows to remove dust.



## Remodeling Your Home

- Keep paint in good condition. Peeling, chipping, chalking, cracking, damaged, or damp paint is a hazard and needs immediate attention.
- Consult a certified lead professional before beginning renovation, repair or painting projects to prevent lead dust.



## Take Precautions to Prevent Take-Home Lead Exposure

- Shower and change your clothes and shoes after working around lead-based products.
- Wash work clothes separately from other laundry.
- Use of protective equipment, such as goggles, gloves, boots, and protective clothing.

