STAY SAFE FROM LEAD

LDA

WHEN IT COMES TO CHEMICALS, LEAD HAS ONE OF THE STRONGEST LINKS TO NEUROLOGICAL HARM

KEEPING OUR CHILDREN SAFE

Lead is found in water, homes, schools, & communities across the country. Lead harms children's brains and bodies and there is no safe level of lead exposure.

BUT

Lead poisoning is 100% preventable!

Keeping children away from sources of lead is the best way to protect them. We have some information below about the four main sources for lead exposure.

WATER

You cannot see, taste, or smell lead in drinking water. Certain pipes that carry drinking water from the water source to the home may contain lead. Household plumbing fixtures, welding solder, and pipe fittings made prior to 1986 may contain lead.

SOIL

Children can be exposed to lead by playing in or breathing around contaminated soil.

Lead can get in soil from lead paint chips or dust on the outside of homes or garages. Past use of leaded gasoline may have contaminated soil.

PAINT

Lead paint dust/chips is the largest source of lead poisoning in children. Most children get lead poisoning from lead paint in homes built before 1978. When old paint peels or cracks, it makes lead dust which kids can swallow or breath in.

PRODUCTS

High levels of lead have been found in jewelry, especially inexpensive jewelry like costume jewelry.

Lead has been found in food, spices, imported ceramic wear, and cosmetics. It can also be found in toys made before 1978 when lead paint was banned.

For more information about keeping your children safe from lead, visit our Healthy Children Project Website at healthychildrenproject.org/lead.

HEALTHY CHILDREN PROJECT

WHAT YOU SHOULD KNOW ABOUT LEAD

LEAD IN DRINKING WATER

Lead is a heavy metal which harms the brain and nervous system of those who are exposed to it. Lead has been found in paint chips, household dust, soil, drinking water, and some products like paint, jewelry, toys, and baby food.

There is **no safe level** of lead exposure.
There is **no cure** for lead poisoning.
BUT - it is **100% preventable**!

Lead in Drinking Water

The EPA has set the maximum contaminant level goal for lead in drinking water at **zero** because lead can be harmful to human health even at low exposure levels.

Lead can enter drinking water through plumbing materials like pipes, faucets, and other plumbing fixtures that contain lead. Some drinking water fountains have lead-lined tank. Other plumbing fixtures like lab faucets, hoses, outdoor spigots, or hand washing sinks may also have lead because they were not designed for drinking water.

The best way to know your risk of exposure to lead in drinking water is to identify the potential sources of lead in your service line and household plumbing.

If you think that you or your child has been exposed to lead, contact your health care provider. Most children and adults who are exposed to lead have no symptoms. The best way to tell if you or your child has been exposed is with a blood lead test.

TO DO

- Ask your water provider if you have a lead service line providing water to your home. If you have a lead service line, ask if there are any programs to assist with removal of the lead service line going to your home.
- Test your water for lead. There are also laboratories that are certified to test for lead in water. Testing results can vary depending on the time of day, season, and other factors.
- If needed, filter the water you use for drinking and cooking. Use "point-of-use" that are certified (NSF/ANSI standard 53 for lead removal and NSF/ANSI standard 42 for particulate removal). If you have a lead service line, use a filter for all water you use for drinking or cooking.
- Flush your water to reduce potential exposure to lead from household lead plumbing. This is especially important when the water has been off and sitting in the pipes for more than 6 hours.
- If formula feeding, test your water and filter if needed.

A Fact Sheet from

LDA Learning Disabilities Association of America

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