Common Sources of Lead

Virginia Childhood Lead Poisoning Prevention Program

Lead exposure often happens in and around the home. Adults with certain hobbies and professions can also bring lead particles home on their clothes and shoes. **The list below includes some common sources of lead exposure**:

Environmental Sources

- Lead based paint
- Soil near a road or soil near a house painted with lead paint
- Water from plumbing containing lead
- Vinyl mini blinds
- Imported or antique children's toys
- Lead glazed pottery and ceramics
- Imported jewelry

Ingested Sources

- Imported spices, especially:
  - Curry, masala, turmeric, chili powder, cumin, coriander, cinnamon
  - Kviteli kvavali, svanuri marili, tamarind, adjika
- Traditional home remedies and cosmetics, including:
  - Ba-baw-san, Daw Tway, Greta, Azarcon, Ghasard, Paylooah, Bali Gholia, Kandu
  - Sindoor, Kohl, Kajal, Surma
- Imported candy and candy wrappers

Occupational Sources

- Building renovation or remodeling
- Construction or demolition
- Mining or metalwork
- Firing range instruction
- Plastic or rubber manufacturing
- Welding or cutting
- Autobody repair and manufacturing
- Casting or soldering

Hobby Sources

- Fishing weights or lures
- Bullets and buckshot
- Staining glass or other glasswork
- Furniture refinishing
- Glazing or making pottery/ceramics
- Target shooting at firing ranges
- Jewelry making

If you think your child has been exposed to lead through any of these sources, ask their health care provider to give them a blood lead test