

Lead Poisoning Prevention

What is lead and where is it found?

Lead is a naturally occurring metal that is toxic to humans. Many lead exposures happen at home, through lead-based paint, dust, soil, toys, or drinking water.



Who is at risk?

Children: Children's bodies absorb more lead than adults, and their brains are very sensitive to the damaging effects. Lead poisoning can result in developmental delays, reduced hearing, and brain or kidney damage.

Pregnant Women: During pregnancy, lead can pass from mother to baby and potentially harm a developing fetus or infant.

Adults: Adults exposed to lead can suffer from symptoms such as cardiovascular effects, decreased kidney function, and reproductive problems.

How can you lower your chances of exposure to lead?

- Inspect the paint in your house for chipping or peeling, especially if your home was built before 1978.
- Keep your house clean and dust-free: mop floors and wipe surfaces often.
- Wash your children's hands and toys regularly.
- Take off your shoes before entering a home.
- Try to cook with (and drink) cold tap water.
- Contact your water utility service or a plumber to check if you have a lead service line.
- Consult a certified lead professional before beginning renovation, repair, or painting projects, as these may create toxic lead dust.

For more information: Visit www.vdh.virginia.gov/leadsafe/



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