LEAD IS HARMFUL TO YOUR HEALTH

Lead is a heavy metal with poisonous effects on the human body. Lead enters the body through inhalation and ingestion through the mouth.

Children who are exposed to lead are particularly at risk for adverse health effects due to their smaller body size. Lead exposure inhibits developmental processes. Exposure to very small amounts of lead have been associated with long-term neurological problems and mental impairment of children.

YOU CAN AVOID EXPOSURE TO LEAD BY

- Washing hands and face frequently, especially before eating and bed time
- Keeping your house clean and free of dust - practice wet mopping when cleaning floors and walls
- Practicing wet wiping of furniture, household appliances and washing of dishes
- For people exposed or working in lead contaminated areas removing and washing clothes upon return home, keep work clothes separate from other clothes
- Cleaning vehicle interiors to remove dust
- Avoiding walking barefoot other than in clean areas
- Avoiding creating dust – moisten areas before sweeping
- Covering your yard with unpolluted clean soil cover and maintaining the clean soil cover
- Maintaining grass cover wherever possible
- Thoroughly washing locally grown vegetables
- Clearing drains to prevent flooding with lead polluted water and soil