

Sources of Lead in the home



Lead-based paint

Lead found in paint from homes built before 1978 is the most common source of lead exposure

Maintain a clean home by cleaning window sills with a wet cloth and wet mop floors

Commercial products

Some commercial products may contain lead including childrens toys, jewelry, pewter, and fishing tackle

Be sure to check the U.S. Recall List and remove any objects that may not be lead free from the reach of children



Traditional folk medicine

Some traditional folk medicine may contain lead

The only way to know if folk medicine contains lead is by lab testing

Avoid using folk medicine on children

Discuss use of folk medicine with doctor



Soil and water contamination

Lead can be found in soil around the home from chipping paint

Lead may be found in water from pipes and faucets in the home

To reduce exposure, do not let children play in soil near the home

If you suspect lead is in your tap water, drink and cook with bottled water while repairs are being completed



Cigarette smoke

Cigarette smoke can increase blood lead levels in children that are exposed to cigarette smoke in the home

Avoid smoking around children in the home and vehicle



Take-home work exposure

Children can be exposed to lead when it is brought home by a family member from work on their skin, clothes or shoes

Be sure to shower, change clothes and shoes at work, and maintain a clean vehicle to reduce what is brought home to a child

