

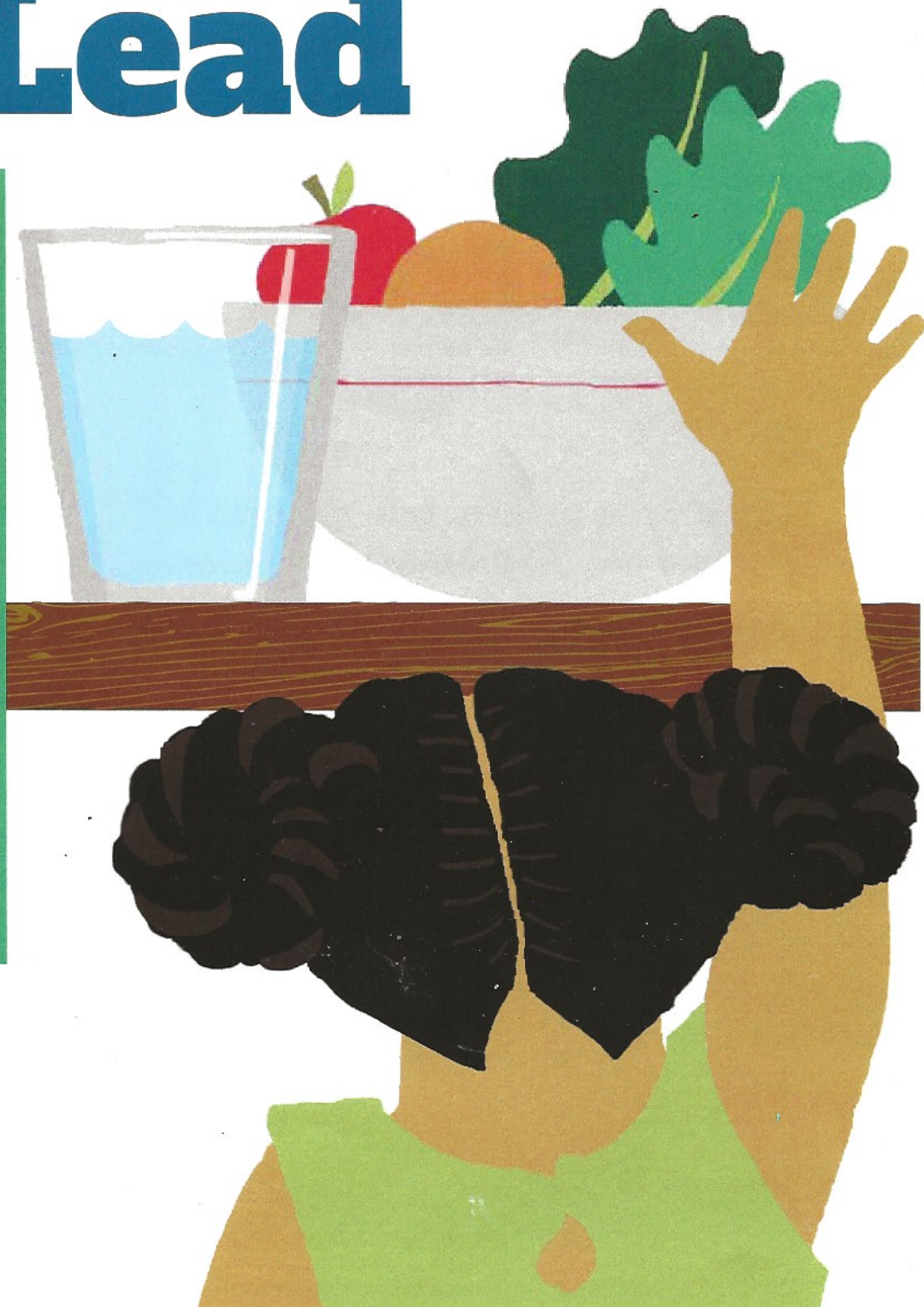
Lead is a serious health threat, especially to kids.  
**But there are things you can do to protect your family!**

# Living Safely *with* Lead

## INSIDE

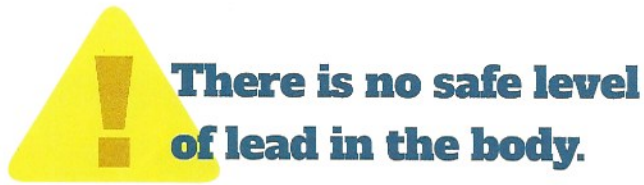
How to  
**FIND the  
SOURCES**  
of lead in  
your home

*plus*  
**PIN-UP  
POSTER**



# know the risks

Lead can't be seen or smelled. But its effects on health can remain hidden for years.



**Measuring Lead Levels**  
Doctors measure lead levels in blood using the unit: "µg/dL." The higher the number, the more lead is present.

## EFFECTS ON KIDS

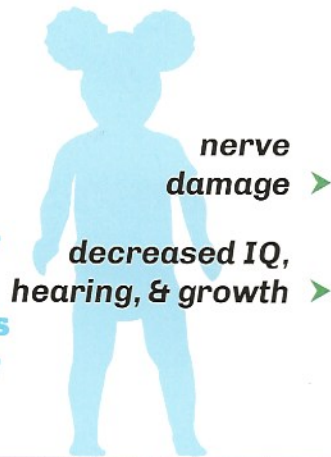
**High exposure** can lead to:

- aggressive behavior
- seizures

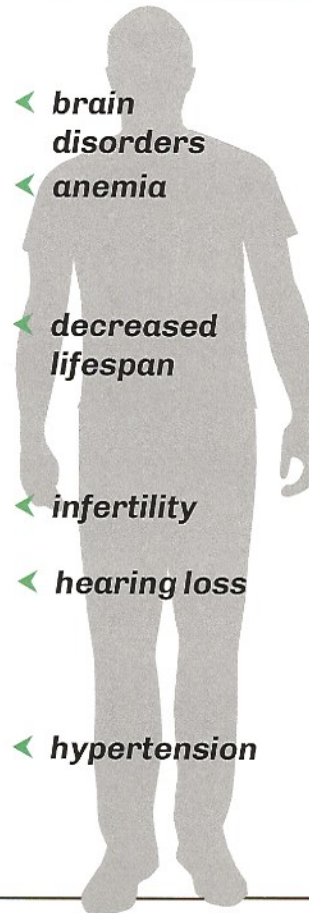
**Low exposure** can lead to:

- problems with attention, memory, behavior, self control, and stress management

**Lead is especially harmful to the developing brains of children under 6 years old.**



## EFFECTS ON ADULTS



**High exposure** can lead to:

- anemia
- seizures
- coma

**Low exposure** can lead to:

- kidney disease
- hypertension

**Request a lead test from your child's doctor...**



**...before age one, and at age two.** Talk to them about the results. If lead is present, follow the tips on the back of this handout.

## FACT VS FICTION: HOW DOES LEAD REALLY GET INTO THE BODY?

Not by touch alone. Lead gets in through the mouth, and by breathing in dust. But if you touch something containing lead, and then eat with your hand or touch your mouth, it can be swallowed.

# find & test the sources of lead

Philadelphia has an industrial past. Smokestacks from factories and a history of using leaded gasoline contributed to lead in our environment.



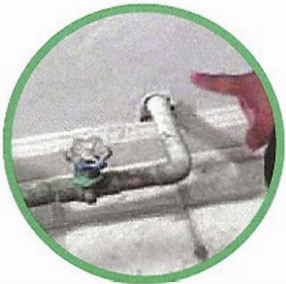
## Older paint

Check your house inside and out for paint that is peeling, flaking, or worn.



## Soil

Assume there is lead present in soil unless testing indicates otherwise.



## Your home's pipes and plumbing

Your **service line** from the main to your home may be made of lead.

Your plumbing may also have lead in solder or fixtures.





## Dust

Worn paint, soil carried in on shoes, or dust blown through open windows may all have lead.

**Concerns about dust** from nearby construction? Call **215-685-7580**, or **311**.

## How to test to see if lead is present in and around your home:

Knowing the sources is the first step to limiting your family's exposure.

TO TEST FOR:	USE:	
<b>Lead Dust</b>		SLGi Lead Test Kit
<b>Lead Paint</b> (Painted surfaces)		3M LeadCheck or D-Lead Paint test kit.
<b>Lead in Soil</b>	You can have your soil tested for free in Philly. For more information visit: <a href="http://ceet.upenn.edu/leadsoilmap/">ceet.upenn.edu/leadsoilmap/</a>	

TO TEST FOR:	USE:	
<b>Lead Plumbing</b>	You can use a magnet and a key to test your service line. For instructions, visit <a href="http://www.phila.gov/water/lead">www.phila.gov/water/lead</a> and click on "Checking Your Home Plumbing for Lead"	
<b>Testing for Lead at the Tap</b>		Philadelphia Water Department will conduct free lead tests for customers. Call <b>215-685-6300</b> to schedule an appointment.

*Product recommendations are based solely on independent certification or evaluation, and are not intended to promote sales.*

# 7 simple things

you can do today

1

Take off shoes at the door!

VISITORS TOO! LEAD GETS TRACKED IN WITH SOIL AND DUST



2

Ban smoking from your home

TOBACCO ADDS LEAD TO HOUSE DUST



3 Wash hands often

KIDS AND ADULTS! REDUCE THE RISK OF SWALLOWING LEAD. HAND TO MOUTH



4

Run the tap before drinking...

USE COLD!



FLUSH OUT WATER THAT HAS BEEN SITTING IN YOUR PIPES! DO THIS FOR 3-5 MINUTES AFTER YOU WAKE UP, OR WHEN YOU GET HOME FROM WORK

5

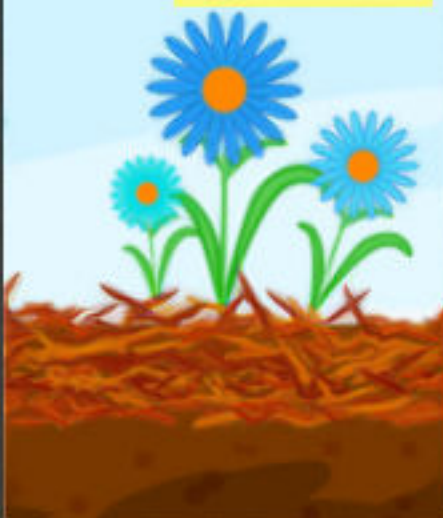
Cover paint peeling at kid-height

USE CONTACT PAPER OR STRONG TAPE OR BLOCK THE AREA WITH FURNITURE



6

COVER BARE SOIL IN YOUR YARD WITH MULCH, GRASS OR PAVERS



7

Check toys:

Only allow toys made in USA, Canada, or Europe after 1990.

TOYS & JEWELRY FROM VENDING MACHINES AND DOLLAR STORES MAY CONTAIN LEAD

