



Lead Exposure

AND ITS IMPACT ON YOUR HEALTH

Lead is a heavy metal and neurotoxin that can accumulate in the body, causing brain and nervous system damage.

Pennsylvania has one of the highest proportions of elevated lead levels in the U.S., accounting for 5% of cases in children.

Common Sources of Exposure



Older Homes

Homes built before 1978 can contain lead-based paint. When the paint peels and cracks, it makes lead dust.



Water

You can be exposed by ingesting drinking water that is contaminated by lead-coated pipes, faucets, and wells.



Soil

Children can be exposed to lead in soil by swallowing or breathing in lead-contaminated soil while playing.



Products

Some toys, especially those that are imported or are antique toys, and toy jewelry may contain lead.



Jobs or Hobbies

Some adults work in industries or have hobbies that expose them to lead. They may bring lead dust home with them.



Food

Lead has been found in some candies, with ingredients like chili powder and tamarind.

Symptoms



Children

- Learning difficulties
- Developmental delay
- Vomiting, constipation, or abdominal pain
- Lack of appetite or weight loss
- Fatigue



Adults

- Muscle and joint pain
- Headache
- Memory or concentration difficulties
- Mood disorders or personality changes
- Reproductive issues, including miscarriage

Testing and Prevention

Lead testing is recommended for all children before 12 months and again at 24 months. A simple blood test can identify lead levels for early treatment. If you are pregnant or nursing, talk to your doctor about exposure to sources of lead.



Get the Facts

Learn about lead exposure and the hazards of lead.



Get Your Child Tested

A blood test is the best way to find out if your child has lead poisoning. Talk to your child's healthcare provider about getting a blood lead test if your child may have been exposed to lead.



Get Your Home Tested

Minimize your risk of lead exposure by hiring a certified professional to test your home for lead if it was built before 1978.

LEAD AWARENESS AND SCREENINGS ARE CRUCIAL!

For any questions or concerns about lead poisoning, please contact your physician.