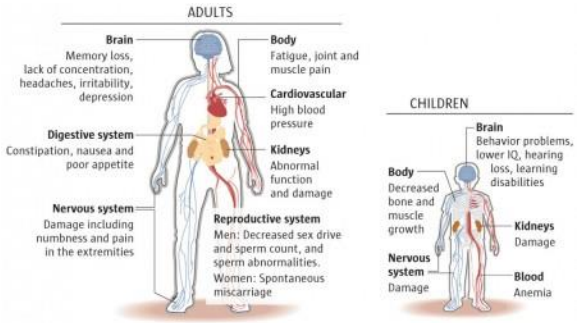
✅ Eating Healthy To Reduce Lead Absorption

- Diets rich in **calcium, iron, and vitamin C** can help reduce lead absorption.
- Avoid storing food in **lead crustal glassware** or **old imported pottery.**
- Some cosmetic products and spices not manufactured in the U.S. may contain lead

Lead & Adults Health

How Lead Affects Adults:

- **High Blood Pressure**
- **Kidney Damage**
- **Memory & concentration problems**
- **Reproductive issues** (miscarriage, stillbirth, reduced fertility)
- **Workplace exposure** is a major concern – proper protective measures should be taken
- **Older adults** may experience cognitive decline due to lead exposure



Resources

- For more information contact:
- **EPA Safe Drinking Water Hotline**: 1-800-426-4791
- **Lead Poisoning Prevention Hotline**: 1-800-424-LEAD
- **EPA Website**: www.wpa.gov/safewear
- **Trenton Water Works**: 609-989-3055
- **Rutgers Environmental and Occupational Health Sciences Institute**: 848-445-0202

Protect Your Family – Stay Lead Safe!

INSERT QR CODE FOR RUTGERS WEBSITE

LEAD AWARENESS FOR YOUR HEALTH

RUTGERS HEALTH
Environmental and Occupational Health Sciences Institute

Understanding Lead Exposure

- Lead is a toxic metal found in paint, dust, soil, drinking water, and some consumer products such as cookware, ceramics (form other countries or old ceramic dishware), and herbal or traditional home remedies.

- Does not break down naturally & remains hazardous until removed, boiling water does not remove lead.

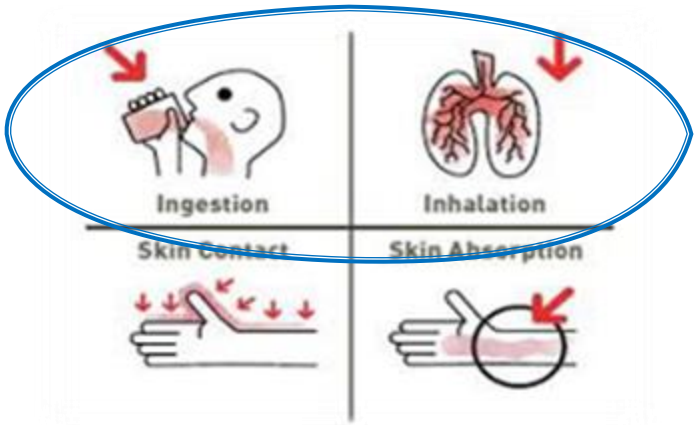
Lead Was Historically Used In:

Paint

Gasoline

Water Pipes

Ways To Be Exposed To Lead:



Primary ways: Ingestion (via Dust, paint, watr and soil) and Inhalation

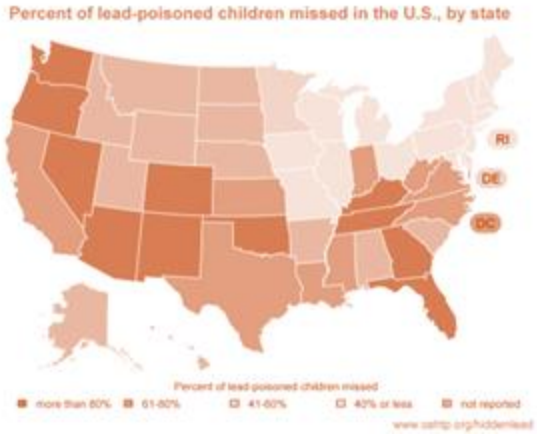
Living in an older building during construction or renovation can increase lead exposure.

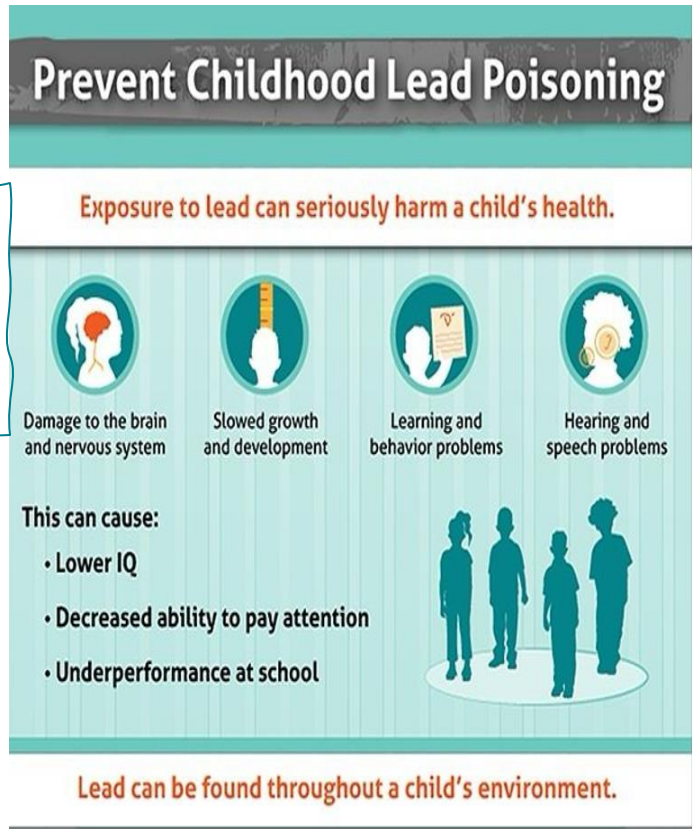
Lead paint is more likely to be found in older homes built before 1978.

Landlords must tell renters about known lead paint in a rental unit when the lease is signed.

The Risks

- 500,000 U.S. children (ages1-5) have blood lead levels above **3.5 µg/dL,** the *CDC's reference for public health action.*





Even Low Lead Levels In Children Can Cause:

- Learning disabilities
- Impaired growth
- Hyperactivity
- Hearing loss
- Brain damage
- Behavioral issues

Pregnant women exposed to lead can pass it on to their unborn baby, affecting development

Get Your Child Tested

- Most children with lead in their blood have no clear immediate symptoms
- Blood tests are recommended at **ages 1 and 2**, or for children at risk

Keep It Clean

- Lead can accumulate dust and dirt
- Keep spaces clean using soap and water,
- Dusting or sweeping can spread lead around the home
- Most cases of childhood lead poisoning are caused by accidental ingestion of lead-based paint or dust
- Washing hands reduces exposure to lead
- Living in a building during renovation can increase exposure.

Reduce Lead-Based Paint Risks

- Most homes built **before 1978** contain lead-based paint
- Keep paint in good condition and avoid peeling or chipping surfaces

Avoid Bringing Lead Into Your Home

- Workers **in construction, auto-repair, or painting** may unknowingly bring lead dust home
- Lead in water can be removed by boiling – **False**

- Warm tap water usually contains less lead than cold tap water - **False**

- Keep play areas free of contaminated soil

Lead In Drinking Water

- **Older homes (pre-1986)** may have lead pipes and fixtures.
- Reduce risk by:
- Only using **cold water** for drinking and cooking. Warm water could potentially contain more lead
- **Flushing pipes** before use
- Regularly **cleaning faucet screens**
- Using **lead-removing water filters**
- Boiling does not remove lead