

REDUCING TAKE-HOME LEAD EXPOSURE FOR YOUR FAMILY



You may be exposed to lead at work or through your hobbies and this can cause harmful levels of lead dust to be carried home or spread to areas in your home and to your family.

You cannot see lead dust, but it can be carried home in your car, clothing, shoes, skin, and hair. This lead dust can be a source of lead exposure for your family and cause lead poisoning, especially for small children and pregnant women.

Children who are exposed to lead do not appear sick even though lead may be affecting their health and brain development. Lead exposure also affects a child's hearing and speech and causes learning and behavioral problems in school. All children should be screened for lead at 12 months and again at 24 months of age, or at least one test if they have not had a test and are still under six years of age.

Lead exposure before and during pregnancy has been linked to problems such as miscarriages, low birth weight, stillbirth and preeclampsia.



Lead exposure from work

Jobs and Hobbies with Lead Exposure:

- Construction Work
- Painting
- Plumbing
- Working at Firing Ranges
- Autobody Work
- Ceramics or Pottery
- Stained Glass
- Making Your Own Fishing Sinkers
- Bridge Work
- Battery Manufacturers

If you work with lead, or have started a new hobby that might expose you to lead, be sure to ask your healthcare provider about having your child tested for lead in blood to ensure there is no take-home lead exposure. Women who work with lead should also ask their healthcare providers for a blood lead test at their prenatal visits.



For more information and resources, contact the Oklahoma Lead Poisoning Prevention Program (405) 426-8311 | Okhppp@health.ok.gov



Lead Poisoning Prevention

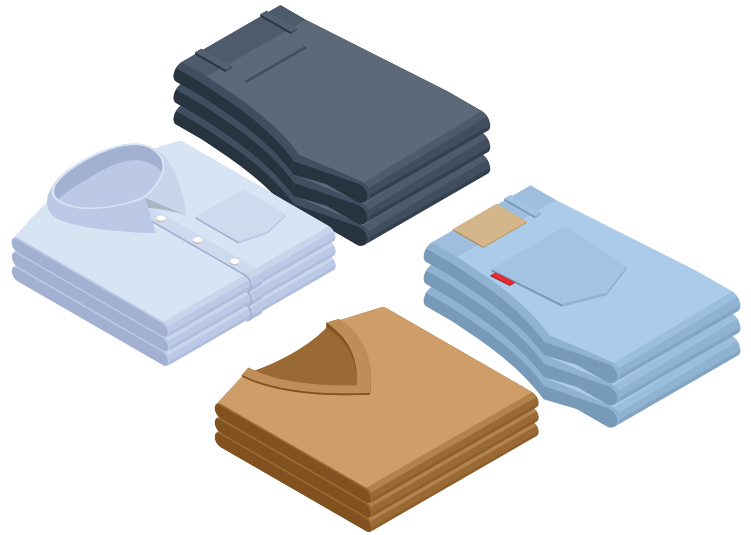
Helpful advice to keep lead away

From your home and family

If your work provides it, shower and wash your hair at work. If showers are unavailable, wash your face and hands at work and shower as soon as you get home.

Do not wear contaminated work clothes in your home or car. Try to change into clean clothes and shoes before leaving work. If this is not possible, put down a barrier, like a towel or sheet that you can change out to keep your car seats from getting lead dust on them.

Store your clean clothing away from your work clothing. Do not store contaminated clothing and equipment in your car or home. Follow your workplace lead-safe practices such as wearing the proper personal protective equipment such as properly fitted masks, gloves, smocks or coveralls, using ventilation and HEPA vacuums to clean up lead dust in the workplace.



Keep your home free from lead dust contamination



- Keep floors, carpeting, rugs, furniture, and the inside of your cars clean with a HEPA vacuum. You must vacuum a small area for 10 minutes or more to be sure that the dust has been properly gathered.
- Remove dust from hard surfaces by using a washable or disposable wet mop.
- Wipe down surfaces such as walls and window sills with soap and water.
- Throw away items you have used for cleaning such as rags, paper towels, and sponges, do not re-use.
- Always wash items that your child frequently puts in their mouth such as pacifiers, toys, or anything that has fallen on the floor.