

- How does lead get into the body?
Ingesting paint chips or lead contaminated soil, handling objects covered with leaded dust, or water transported through lead soldered pipes. Inhaling leaded dust generated from renovation.
- Who is affected most by lead exposure?
Children under the age 6 are especially prone to feel the effects of lead because their blood brain barrier have not formed, hand to mouth action, and their growing bodies absorb more lead.
- What are the effects of lead?
Children with high levels of lead can suffer from damage to the brain and nervous system, learning disabilities, decreased growth, hyperactivity, impaired hearing, speech, language and behavior problems, kidney damage.

Adults generally become lead poisoned due to occupational exposure, which can result in the following symptoms: reproductive problems, high blood pressure, digestive problems, nerve disorders, memory and concentration problems, and muscle/joint pain.

- How do I check my family for lead?
A simple blood test can determine whether your children have been exposed to lead. It is important to have your children tested at 6 months to a year AND age 2, especially if they live in pre-1978 housing or have a family member in industry that works with lead
- Where are lead hazards likely to be found in my home?
Homes built before 1978 tend to have lead based paint; approximately 11,000 homes in Vigo County contain lead based paint. Sources include soil, water, paint chips and dust, and food. Lead based paint was commonly used on the exterior of the home because of its durability. Soil hazards exist when the lead based paint is peeling, chipping, or chalking on the exterior of the home onto bare soil (where children play). Lead can be found in older plumbing and contribute around 20% of a child's lead level. Paint chips and dust can be found anywhere there is paint deterioration, especially windows and doors. Occasionally food can be the source of lead exposure; certain foreign made food and candy contain high levels of lead.
- What can you do to protect children from lead hazards in the home?
 - ✓ "If you rent, notify your landlord of any peeling or chipping paint.
 - ✓ Clean up any paint chips immediately
 - ✓ Clean all horizontal surfaces weekly with a disposable rag and detergent. Vacuum thoroughly windowsills and floors.
 - ✓ Wash children's hands often
 - ✓ Keep play areas clean. Wash bottles, pacifiers, etc.
 - ✓ Clean or remove shoes before entering your home to avoid tracking in lead from soil.
 - ✓ Make sure children eat nutritious, low aft meals high in iron and calcium. Children with good diets absorb less lead."

(Source: EPA, Protect Your Family from Lead)