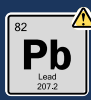


# WHAT IS LEAD?



Lead is a soft, gray-colored metal found in nature. **Lead is toxic** when it enters the body through eating, drinking, touching, or breathing lead-contaminated items.

## WHY IS LEAD HARMFUL?

Lead is toxic and can cause many health problems. **Pregnant people and children between the ages of 0-6 years old** are at the most risk for lead poisoning.



### HEALTH EFFECTS OF LEAD:



Slowed growth and development



learning and behavior problems



damage to the brain and nervous system



hearing and speech problems

## WHERE IS LEAD FOUND?

### PAINT

Homes built before 1978 can contain lead paint. **Chipping, peeling, and flaking paint can create lead hazards** and dust in the air.

### WATER

If you are concerned about lead in your water, visit the Milwaukee Water Works website: [milwaukee.gov/Water](https://www.milwaukee.gov/Water)

### DIRT / SOIL

Homes built before 1978 can contain lead in the soil **if the paint outside is chipping, peeling, or flaking.**

### PRODUCTS

**Products from outside the United States**, like toys, makeup, spices, candy, jewelry, and ammunition, may contain lead.

## WHAT YOU CAN DO:

- Use wet cleaning methods with soap and water whenever cleaning windows, floors, and doors
- Duct tape over any windows, walls, and doors where paint is chipping, peeling, or flaking

- Run cold tap water for 3 minutes between uses
- Purchase a water filter certified to remove lead (NSF/ANSI 53 filter)
- Replace your water filters regularly

- Keep children away from bare soil during play time outside
- If possible cover soil with grass or mulch
- Wash dirt/dust off hands, toys, bottles and clothes with soap and water
- For gardening, wash fruits/veggies with cold water for 1 minute or until dirt is gone

- Wash your child's hands and toys often
- Feed children a diet rich in Calcium, Iron, and Vitamin C
- Avoid using items imported from outside the US unless they have been tested or do not have lead

