

How to Prevent Exposing Your Family To Take-Home Lead

People exposed to lead at work or through hobbies can bring harmful levels of lead dust home to their families.

You cannot see lead dust, but it can be carried home in your car or on your clothes, shoes, skin, and hair. This lead dust can poison your family.

Children exposed to lead may not seem sick, but lead can affect their health and brain development. Lead poisoning can damage your child's hearing and speech. It can also cause learning and behavior problems in school.

Lead exposure before or during pregnancy is linked to preeclampsia, miscarriages, and stillbirths. It can also cause your baby to be born too early or too small.

The only way to know if your family was exposed to lead is by a blood lead test.

Jobs and Hobbies with Lead Exposure

- Construction
- Smelting
- Painting
- Plumbing
- Making or using lead fishing sinkers or stained glass
- Working at or going to firing ranges
- Working on cars



- ✓ Children should be screened for lead at ages **1** and **2** years, and at ages 3 to 6 years if never previously tested.
- ✓ If your exposure to lead at the workplace changes in any way, it is a good idea to have your child tested for lead again to ensure there is no take-home lead exposure.
- ✓ Women should also ask their doctor about a blood lead test before getting pregnant or at their first prenatal visit.

PREVENT TAKE-HOME LEAD EXPOSURE

Tips to keep lead from work and hobbies away from your family

- ✓ 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.
- ✓ Never wear contaminated work clothes in your home or car. Put on clean clothes and shoes before leaving work.
- ✓ Store clean clothes in a separate place from your work clothes. Do not store contaminated clothes or equipment in your car or at home.
- ✓ Wash work clothes separately from other laundry and use an extra rinse cycle.
- ✓ Always follow lead-safe work practices such as wearing proper personal protective equipment (PPE), using ventilation, and HEPA vacuums to clean up lead dust.

If anyone living in your home works with lead, ask them to help keep lead away from your family.

Tips to keep your home free of lead dust

- ✓ Clean floors, carpet, rugs, furniture, and the inside of cars with a HEPA vacuum. **Normal vacuums will not capture lead dust.**
- ✓ Remove dust on hard floors with a washable or disposable wet mop.
- ✓ Wipe down hard surfaces like walls and windowsills with soap and water.
- ✓ Throw away sponges, paper towels, and rags after cleaning.
- ✓ Wash toys, pacifiers, and things that your child puts in their mouth often, especially after they fall on the floor.

FOR MORE INFORMATION

Hawaii Childhood Lead Poisoning Prevention Program

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