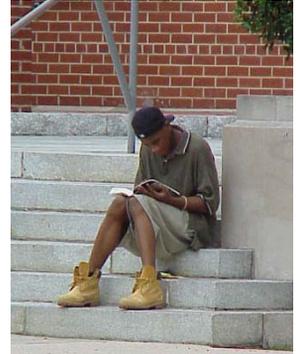


LEAD EXPOSURE

Paint Containing Lead

Many homes built before 1978 may have been painted with paint containing lead. The government stopped the use of lead paint for houses in 1978. Lead painted surfaces in the house may include:

- Windows and window sills
- Doors and door frames
- Stairs, railings, and banisters
- Porches and fences



Lead Dust

Lead dust can be made when paint containing lead is scrubbed, sanded or heated. Lead dust collects on surfaces and objects that people touch. Lead dust gets into the air when people vacuum sweep or walk through it.

Lead in Soil

Lead in soil can cause health problems in children when they play in dirt or when people bring dirt containing lead into the house on their shoes.



Lead in Drinking Water

Most of the lead in drinking water comes from lead pipes or lead solder used in plumbing and faucets. A small amount comes from the environment.

HEALTH EFFECTS OF LEAD

People can get lead in their body if they:

- Put their hands or other objects covered with lead dust in their mouths
- Eat peeling paint or dirt that contains lead
- Breathe in lead dust



Lead causes more health problems in children than adults because:

- Babies and young children often put their hands and other objects in their mouths. These objects can have lead dust on them.
- Children's growing bodies absorb more lead.
- Children's brains and nervous systems are more sensitive to the effects of lead.



Health Effects in Children

- Affects the brain and nervous system causing behavior and learning problems
- Slows growth
- Causes hearing problems
- Causes headaches

Health Effects In Adults

- Difficulties during Pregnancy
- Other reproductive problems
- High blood pressure
- Digestive problems
- Nerve disorders
- Memory & Concentration problems

HOW TO REDUCE LEAD EXPOSURE IN THE HOME

If you feel lead may be a concern in your home. Call your Navy housing department for further information.

Housekeeping

- Keep children away from peeling or chipping paint.
- Do not let children suck on surfaces covered with paint.
- Wet mop and wet wipe hard surfaces.
- Do not vacuum hard surfaces because this may scatter lead dust.
- Wash children's hands and face before they eat and before naps and bedtime.
- Wash toys and pacifiers frequently.



Nutrition

Make sure children eat regular nutritious meals, since more lead is absorbed on an empty stomach.

Make sure your children's diet contains plenty of iron.

Make sure your children's diet contains plenty of calcium.



Water

- Use only cold water for drinking and cooking.
- Run water for 15 to 30 seconds before drinking it, especially if you have not used your water for a few hours.



Job/Hobbies

If you work with lead, you should:

Shower and change clothes before coming home.

Wash your clothes separately from the rest of the family's.



For more information on lead contact the National Lead

Information Center at 1 800 532 3304