

KEEP LEAD IN ITS PLACE

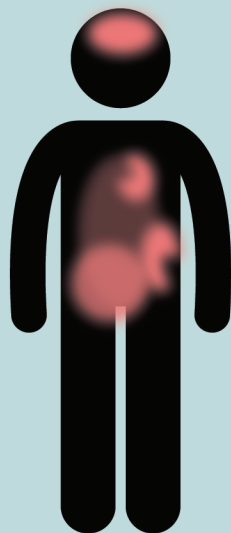


HOBBIES THAT MAY EXPOSE YOU TO LEAD

- Target shooting at indoor ranges
- Making bullets or fishing sinkers
- Making pottery, stained glass or jewelry
- Renovating and refinishing furniture

EFFECTS ON THE BODY

- Decreased brain function
- Decreased kidney function
- Increased chances of high blood pressure
- Digestive problems
- Decreased sperm count
- Development delays to your baby before it is born
- Increased chances of having a miscarriage or baby with low birthweight



Are You Taking Lead Home?

Lead particles or dust can be brought into your home and vehicles on work clothes and equipment. It can be harmful to anyone who is exposed. If young children live in the home of a parent who works with lead, they should be tested.

During pregnancy, lead can pass from a mother to her baby. Even low lead levels in pregnant women can cause **miscarriage, premature birth and permanent harm to unborn babies.**

A quick and simple blood test is the only way to tell for sure if your child has lead poisoning. Ask your doctor or health department to test your child for lead.

Protect Yourself and Your Family

SHOWER AND CHANGE into clean clothes and shoes before you leave your hobby area.

LAUNDRY AND DRY your hobby clothes separately from other clothes.

WASH YOUR HANDS AND FACE before you eat, drink or smoke.

EAT, DRINK AND SMOKE ONLY IN AREAS free of lead dust and fumes.

EAT A WELL-BALANCED DIET. Proper nutrition can help reduce lead levels. A diet high in iron, calcium and Vitamin C will help to reduce lead absorption.

MAKE SURE your hobby area is well-ventilated.

WEAR PROPER PERSONAL PROTECTIVE EQUIPMENT such as a fitted respirator and gloves when working around lead dust or fumes.

KEEP YOUR CHILDREN OUT OF HOBBY AREA.

WASH YOUR CHILDREN'S HANDS OFTEN, especially before meals and bedtime.

KEEP YOUR HOBBY AREA, HOME AND VEHICLE CLEAN by using a wet cloth to clean all surfaces and a vacuum with a HEPA filter.

Learn More

Florida Department of Health Lead Poisoning Prevention Program:
<http://www.floridahealth.gov/environmental-health/lead-poisoning/index.html>

Centers for Disease Control and Prevention: www.cdc.gov

