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## Where is lead found?

**Naturally found in the environment, in air, soil, water, food, and drinking water.**

- Man-made activities like burning fossil fuels, mining, and manufacturing.
- Batteries, radiation shielding, circuit boards.
- Ammunition. Canada has banned the use of lead shot for hunting but lead ammunition is still readily available.
- Some consumer products like paints, ceramics, caulking, solder and pipes, although these are now very rare.

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## What are the possible health concerns?

**Lead poisoning is extremely rare in Canada. Children are more susceptible than adults to toxic effects of lead.**

**Short term (a brief exposure to an extremely high level)**

- Vomiting; Diarrhea; Convulsions; Coma, and death

**Long term (exposure over months, years)**

- Development in children
  - Growth and hearing impairment
  - Brain development (intellectual and behaviour)
- Damage to the nervous system
  - Impaired mental function
  - Weakness in fingers, wrists, and ankles
- Small increases in blood pressure and increased risk of anemia
- Kidney damage
- Damage to reproductive system
- Prenatal exposure is linked to premature birth, impaired growth, decreased mental abilities in infants.

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## How to reduce your exposure to lead?

- Use steel, bismuth or iron shot to hunt.
- Properly dispose of old lead-based paint, leaded gasoline, some ceramics or other lead containing products.
- Prevent children from chewing or having mouth contact with surfaces that have been painted with lead-based paints.
- Some make-up or hair dyes could contain lead, keep those products away from young children.
- Thoroughly wash hands and faces, particularly of children, to avoid contact with potential lead dust or soil on food, dirty fingers, toys, or other objects.
- Check water pipes in older (pre-1980's) houses to check if pipes contain lead solder.