## DON'T LET <u>LEAD</u> HITCH A RIDE HOME

## Breathing or swallowing lead dust can cause

Brain damage Memory loss Trouble concentrating Depression Nerve damage Learning disabilities Headaches Trouble sleeping Aggressive behavior Irritability Lower IQ Muscle or joint pain High blood pressure Constipation Kidney damage Abnormal sperm Loss of appetite Impotence Stomach cramps Loss of sex drive Infertility

Most kids and adults with lead poisoning do NOT feel or look sick.

Miscarriage, preterm labor, or stillbirth

It can take <u>years</u> for the effects of lead exposure to appear.

Many jobs and hobbies may expose you to lead including: plastic/glass manufacturing, automobile repair, radiator repair, battery manufacturing, iron/steel working, welding, soldering, mining, road construction, firing ranges, demolition, renovation

## PROTECT YOUR FAMILY FROM LEAD

## Keep yourself and your family safe:

- Wash your hands before eating, drinking, smoking or touching anything
- Change your clothes and shoes before going home or getting into your car
- Wash lead-exposed clothes separately from regular laundry
- Use a HEPA vaccum to clean lead dust from your car and home
- Talk to your doctor about a lead test if you suspect exposure

Visit <u>nvclppp.org</u> or call to learn more

Northern Nevada: 775-884-0392 Southern Nevada: 702-895-1040



This publication was supported by the Grant or Cooperative Agreement Number, I NUEZE H001366-01-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and