

## LEAD EXPOSURE CHECKLIST

Lead exposure can affect your health. At highest risk are fetuses and young children, as they are more sensitive to lead. If the following risks apply to you or your family, learn how to reduce lead exposure:

### Do you live in a home or dwelling built before 1990 or in an older neighborhood?

- Does your home or dwelling have flaking / peeling paint?  
[manitoba.ca/health/publichealth/environmentalhealth/lead/docs/info\\_paint.pdf](https://manitoba.ca/health/publichealth/environmentalhealth/lead/docs/info_paint.pdf)
- Are there renovations taking place in your home? [www.epa.gov/sites/default/files/documents/steps.pdf](https://www.epa.gov/sites/default/files/documents/steps.pdf)
- Does your home or dwelling have lead in the plumbing?  
[manitoba.ca/health/publichealth/environmentalhealth/lead/docs/info\\_water.pdf](https://manitoba.ca/health/publichealth/environmentalhealth/lead/docs/info_water.pdf)
- Do you have exposure to soil near older homes, playgrounds, or in older neighborhoods near industrial or high traffic areas? [manitoba.ca/health/publichealth/environmentalhealth/lead/docs/info\\_soil.pdf](https://manitoba.ca/health/publichealth/environmentalhealth/lead/docs/info_soil.pdf)

### Do you use consumer products that may contain elevated levels of lead?

[manitoba.ca/health/publichealth/environmentalhealth/lead/docs/info\\_consumer\\_products.pdf](https://manitoba.ca/health/publichealth/environmentalhealth/lead/docs/info_consumer_products.pdf)

- Some imported products including toys, dishes, glassware, cosmetics, kohl eyeliner, costume jewelry or charms
- Antique toys, products, or glassware
- Traditional, complementary or alternative medicines or remedies including Aryurvedic medicine
- Imported spices or foods
- For the latest recalls and safety alerts: <http://recalls-rappels.canada.ca/en>

### Do you (or someone in your home) participate in activities that may increase your exposure to lead?

[manitoba.ca/health/publichealth/environmentalhealth/lead/docs/info\\_working.pdf](https://manitoba.ca/health/publichealth/environmentalhealth/lead/docs/info_working.pdf)

- Ceramics, stained glass, working with lead solder
- Firing ranges
- Consumption of harvested game or fowl shot with lead bullets (may contain pieces of lead)  
[manitoba.ca/health/publichealth/environmentalhealth/lead/docs/info\\_firing\\_range\\_hunting.pdf](https://manitoba.ca/health/publichealth/environmentalhealth/lead/docs/info_firing_range_hunting.pdf)
- Occupations that involve working with lead

### For more information please visit:

[manitoba.ca/health/publichealth/environmentalhealth/lead/index.html](https://manitoba.ca/health/publichealth/environmentalhealth/lead/index.html)

If you have further questions about lead exposure, contact Health Links — Info Santé at 204-788-8200 or toll-free at 1-888-315-9257 or consult your health care provider.