

# AIM TO REDUCE LEAD EXPOSURE

## LEAD EXPOSURE CAN CAUSE:

**Decreased IQ**  
**Memory Loss**  
**Headaches**  
**Irritability**

**Abdominal Cramping**  
**Constipation**  
**Impaired Kidneys**

**Muscle & Joint Discomfort**

**Hypertension**

**Reproductive Issues**

**Exposure to very high lead levels may cause brain damage or even death!**

### How Can You Reduce Lead Exposure?

- Do not eat, drink or smoke while handling firearms or ammunition.
- Wash your hands after handling firearms or ammunition.
- Avoid tracking lead into your home by changing clothing and shoes after using the shooting range and casting bullets.
- Have your blood lead level tested by your primary care provider.

### Do you have kids?

- Children and pregnant women are at an increased risk of health effects from lead exposure.
- Young children can become poisoned from take home lead exposure due to normal hand-to-mouth behavior.

**LEAD POISONING IS 100% PREVENTABLE**



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**  
Division of Public Health

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