

Common Sources of Lead at Home

Lead hazards can be found in several places inside and outside your home, including:

- Lead paint dust or chips in homes built before 1978
- Soil that has been contaminated by old paint or past spills of leaded gasoline
- Water from old pipes that contain lead
- Jobs or hobbies that work with lead
- Some imported pottery glazes, candies, toys and spices

Renovating, disturbing or sanding old paint, even small projects, may unknowingly expose you and your family to hazardous lead dust.

More Resources

- EPA: [epa.gov/lead](https://www.epa.gov/lead)
- National Lead Information Center: 800-424-LEAD (5323)
- CDC: [cdc.gov/lead](https://www.cdc.gov/lead)
- DPHHS Lead Poisoning Prevention: dphhs.mt.gov/publichealth/cdepi/diseases/Lead



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123 South 27th Street, Billings, MT 59101

406.247.3305

PublicHealth@RiverStoneHealth.org

RiverStoneHealth.org/Lead



Planning to DIY?

STOP + TEST for lead first!

Important information on lead hazards in your home for DIY home renovators





Renovate Lead-Safe

Most supplies needed to renovate safely are inexpensive and can be set up in minutes.

- Plastic drop cloths
- Tape
- Dust-certified respirator
- Paint scraper
- Protective clothing
- Heavy-duty trash bags
- Utility knife
- High-efficiency particulate absorbing (HEPA) vacuum

Using plastic drop cloths along with a HEPA vacuum significantly reduces lead dust, capturing 99.97% of airborne particles.

Steps to Lead-Safe Work

Set Up Safely: Carefully tape off work area and use plastic sheeting to cover objects you cannot move.

Protect Yourself: Wear protective clothing, like disposable coveralls, shoe covers and an N-100 certified respirator mask.

Minimize Dust: Use plastic sheeting, masking tape, heavy-duty plastic bags and a misting bottle to collect and dispose of dust.

Leave Work Area Clean and Control Waste: Clean as you go with a HEPA vacuum cleaner. Bag and seal waste.

Seal in Chipped Paint: You can safely paint over chipped lead paint by first applying an encapsulent primer. It is important not to scrape or disturb the chipped paint before you cover it, and to wear protective clothing. For badly deteriorated paint, it is best to call in the professionals.



Health Effects of Lead Exposure

In children, lead exposure can lead to:

- Nervous system and kidney damage
- Learning disabilities and attention-deficit disorder
- Speech, language, and behavior problems
- Poor muscle coordination
- Decreased muscle and bone growth
- Hearing damage

High lead exposure, though rare, can severely impact children, potentially causing seizures, unconsciousness or even death.

In adults, lead exposure can lead to:

- Harm to a developing fetus
- Increased risk of high blood pressure during pregnancy
- Fertility issues (in both men and women)
- High blood pressure
- Digestive problems
- Nerve disorders
- Memory and concentration difficulties
- Muscle and joint pain