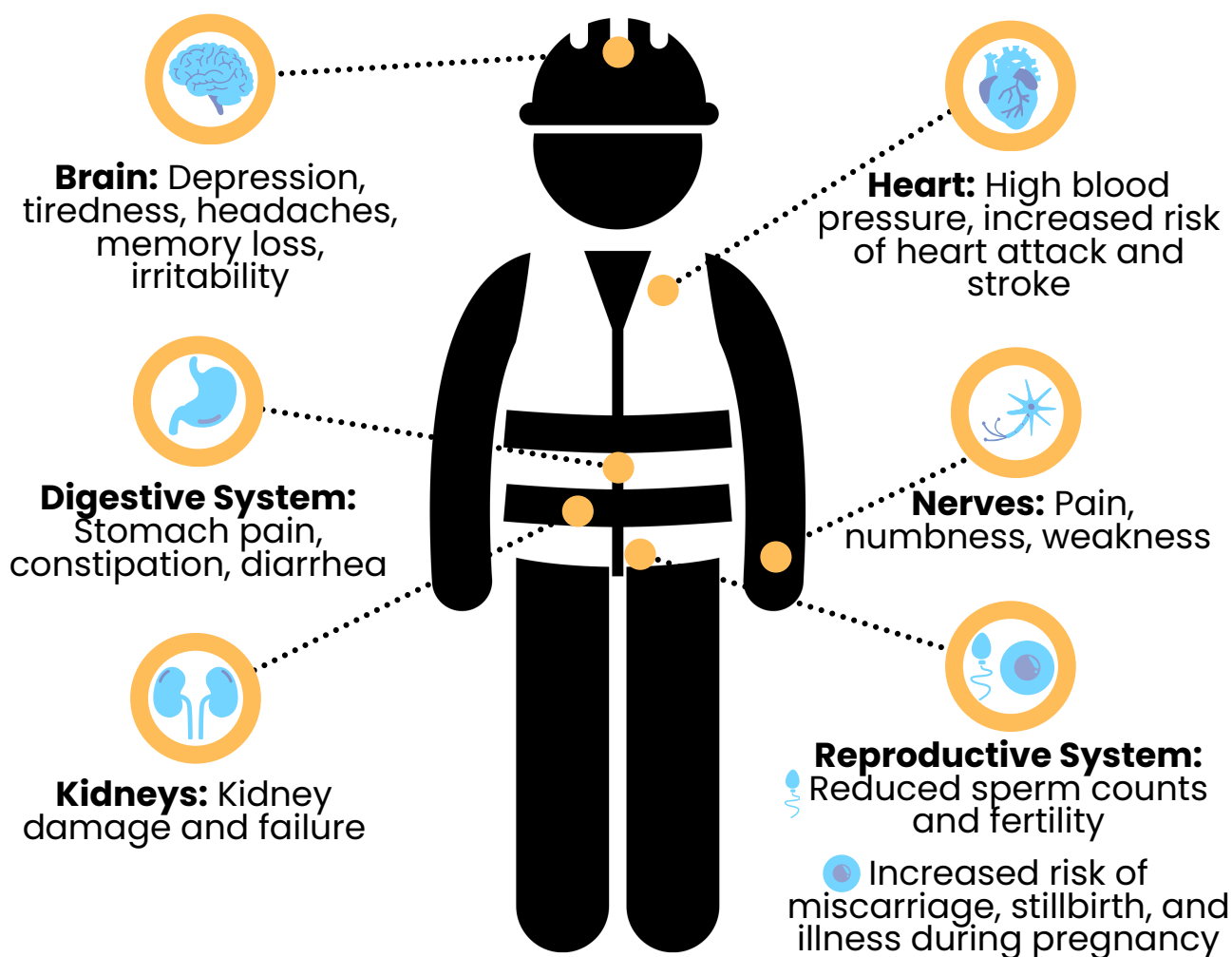


There is no safe level of lead – even for adults

Most adults with lead poisoning don't feel sick, but **lead exposure can harm many parts of the body:**



Harm to your health doesn't just happen at high levels of lead in blood. **Even lower levels** (10 µg/dL) can result in health issues like increased risk of heart attack and stroke.

Do you know your blood lead level ?

Not sure?

Contact your medical provider about getting tested

No matter your result,
see the back for tips on how to keep your lead exposure low

Protect Yourself & Your Family

- Do not eat, drink, or smoke in the work area.
- Use personal protective equipment to avoid inhalation and dust on clothes, hair, and body; wear a fit-tested respirator, goggles, gloves, work suit, and work boots.
- Avoid touching your face and mouth.
- Wash your hands before eating, drinking, smoking, taking breaks or applying lip balm or lotion.
- Leave your dirty work clothes at work to be laundered or wash separately from other clothes.
- Shower before you leave work.
- Remove your shoes at the door when you get home. Leave work boots at work if possible.
- Clean your work area and personal vehicle regularly during the day with wet wiping and a HEPA vacuum. Avoid dry sweeping or using compressed air, which can spread lead dust.
- Work in a well-ventilated area: a ventilation system should be installed at your workstation.



Know Your Blood Lead Level



We're here to help!

Contact Public Health – Seattle & King County's Lead Team at (206) 477-2125 for information on protecting you and your family's health

Additional Online Resources:

tinyurl.com/KC-Lead

tinyurl.com/Adult-Lead

tinyurl.com/Occupational-Lead

tinyurl.com/Get-Legal-Help-Lead

tinyurl.com/Get-Lead-Tested

