

Sources of Lead

Lead Paint and Lead Dust

- Lead paint in older homes is a common source of lead exposure in children. Most homes built before 1978 contain lead paint.
- When lead paint peels and cracks, it makes lead paint chips and dust.
- Lead dust can collect on windowsills, floors, carpets, furniture, and toys.
- Children can be exposed when they swallow or breathe in lead dust.
- Repairs and renovations in older homes can create lead dust.



Soil

- Soil around the home can be contaminated with lead from industrial pollution or from chipping paint on outside of home.
- Children can be exposed to lead while playing in soil.
- Soil can be carried into the home on shoes, clothing, or pets.



Jobs and Hobbies

- People who work around lead and some metals can bring harmful levels of lead dust into the home.
- Jobs: Working in foundries, construction and demolition, welding, plumbing, bullet making, firing ranges, and metal recycling.
- Hobbies: Making stained glass, jewelry, auto repair, and scrap metal.



Imported Foods and Medicines

- Some imported foods and spices from other countries can contain lead.
- Some traditional medicines and herbal remedies can contain lead, such as some Ayurvedic remedies, Daw Tway, Pay-loo-ah, Ba-baw-san.
- Cosmetics and powders such as Kohl, Surma, Sindoor, Kumkuma.



Cookware, Toys, and Jewelry

- Some antique dishware and imported cookware can contain lead, such as glazed ceramics and bean pots.
- Lead has been found in older painted toys, inexpensive children's jewelry, and keys.



Water

- Some water pipes, faucets, and plumbing fixtures may contain lead that can get into drinking water.



For more information:

Nebraska Department of Health and Human Services
Childhood Lead Poisoning Prevention Program
Phone: 1-888-242-1100 | Web: www.dhhs.ne.gov/lead

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