



THE BEAUTYWELL PROJECT

# LEAD EXPOSURE TOOLKIT



# LEAD

WHAT IS IT?

HOW AM I EXPOSED?

# EXPOSURE

WHAT CAN I DO IF I THINK I HAVE BEEN EXPOSED?

LEAD IS TOXIC AND CAN GO TO THE BRAIN, LIVER, KIDNEY, AND BONES

## LEAD CAN BE FOUND IN:

YOUR HOME (PAINT)  
COSMETIC PRODUCTS  
THE SOIL  
FOOD  
WATER  
IMPORTED PRODUCTS (SPICES & MEDICINE)

NO AMOUNT OF LEAD EXPOSURE IS SAFE

LEAD IS VERY HARMFUL TO CHILDREN & CAN CAUSE SLOW DEVELOPMENT

LEAD CAN GET INTO THE BLOOD DURING PREGNANCY & CAN EXPOSE THE FETUS TO LEAD

**LEAD POISONING:** WHEN TOO MUCH LEAD GETS INTO THE BODY THROUGH THE SKIN, BREATHING, EATING OR DRINKING

LEAD IS DAMAGING BECAUSE IT CAN HARM NERVES & BLOOD VESSELS

## SYMPTOMS OF LEAD EXPOSURE:

STOMACH PAIN  
TIREDNESS  
HEADACHE  
MEMROY LOSS  
BEHAVIORAL PROBLEMS  
WEIGHT LOSS  
NAUSEA & VOMITING

## STOP LEAD EXPOSURE:

**WASH:** WINDOWS, YOUR CHILD'S HANDS BEFORE EATING & SLEEPING, ALL CHILDREN TOYS & OBJECTS  
  
STOP USING SKIN-LIGHTENING PRODUCTS



IF YOU THINK YOU HAVE BEEN EXPOSED TO LEAD - A SIMPLE BLOOD TEST CAN TELL YOU IF YOU HAVE LEAD POISONING. USE THE CONTACT LIST IN THIS TOOLKIT OR CALL YOUR HEALTHCARE PROVIDER FOR MORE INFORMATION

# WHERE IS LEAD FOUND?

## HOME



Cracking, chipping, and peeling lead-based paint can be found inside your home. Lead paint was used on homes until 1978. Dust in your house can be a source of lead. The dust can have lead in it from lead-based paint from the inside of your home.

## COSMETICS



Lipsticks, lotions, mascaras, foundations, and powders may contain lead. Some products contain enough lead that when the product is used everyday, lead exposure can be harmful.

## WATER



Lead can be found in your water if your home or water system has lead piping. Plumbing put in before 1930, may contain lead pipes. The only way to know if your water has lead in it, is to have it tested by a lab.

## TOYS



Lead may be found in some plastic toys made with vinyl or PVC.

## SOIL



Soil can have lead in it from old exterior paint on buildings. Lead in the soil can also be found near major roads, as leaded gasoline was used in the past.

## POTTERY



Lead may be found in some food storage containers and cookware including items that are: handmade & decorated by someone outside the U.S., from street vendors or flea markets, or they are old, chipped, or cracked.

# WINDOWS

KEEP PAINTED SURFACES IN YOUR HOME CLEAN & FREE FROM DUST. CLEAN FLOORS & WINDOW FRAMES WEEKLY.



# TOYS

WASH YOUR CHILD'S HANDS BEFORE EATING & SLEEPING. WASH BOTTLES & TOYS.



# WORK

TAKE OFF SHOES & CHANGE CLOTHES BEFORE ENTERING YOUR HOME IF YOU WORK WITH LEAD AT YOUR JOB



## TIPS TO PROTECT YOU & YOUR FAMILY FROM LEAD EXPOSURE



# RENTING

IF YOU ARE A RENTER, LEARN YOUR RIGHTS. IF YOUR HOUSE OR APARTMENT WAS BUILT BEFORE 1978, KNOW THE POSSIBLE LEAD EXPOSURE IN YOUR HOME



# REPAIR

BEFORE YOU REPAIR YOUR HOME, LEARN HOW TO PROTECT YOURSELF AND YOUR FAMILY FROM EXPOSURE TO LEAD PAINT



# TESTING

IF YOU THINK YOUR HOME HAS LEAD PAINT, GET YOUR HOME TESTED. IF YOU THINK YOU OR YOUR CHILD HAS BEEN EXPOSED TO LEAD, TESTING IS RECOMMENDED

# LEAD EXPOSURE PROBLEM TREE

A MAP TO SHOW THE CAUSE OF LEAD EXPOSURE AND THE IMPACT IT CAN HAVE ON YOUR HEALTH. START AT THE ROOTS OF THE TREE AND MOVE YOUR WAY UP TO THE BRANCHES

IMPACT



CORE PROBLEM

USING SKIN-LIGHTENING PRODUCTS THAT CONTAIN LEAD

HAVING A JOB THAT WORKS WITH LEAD

LIVING IN A HOME BUILT BEFORE 1978

DRINKING WATER FROM LEAD PIPES

ROOT CAUSE

WESTERN BEAUTY STANDARDS  
POOR HOUSING QUALITY & AFFORDABILITY  
COLONIALISM  
RACIAL INEQUALITY

REDLINING

COLORISM

LACK OF GOVERNMENT REGULATION

SYSTEMIC RACISM  
LACK OF INFORMATION

# LEAD EXPOSURE HOME CHECKLIST

## IS YOUR HOME LEAD SAFE?

1 Was your home built before 1978? Lead paint was used to paint the inside and outside of homes until 1978.



Check the box when complete

2 Do you use skin-lightening products? These products and other cosmetics may contain lead.



3 Do you store food in imported products? Lead may be found in some food storage containers and cookware



4 Do you see walls, furniture, or window sills in your home with chipping or peeling paint?



5 Do you work with lead at your job? Lead can be tracked into the home on your work clothes & shoes



7 Do your children play with plastic toys made with vinyl or PVC? These products may contain lead



6 Do your children play in the soil areas next to your home? Soil can be contaminated with lead from old paint that has fallen off the outside of your home.



www.thebeautywell.org  
For more information contact:  
Amira Adawe  
amira.adawe@beautywell.org

# LEAD POISONING PREVENTION CONTACT LIST



## Name

Ramsey County Environmental Health Department



## Phone

651-266-1199



## Email

AskEH@ramseycounty.us



## Notes

Call to learn about testing options. If your home was built before 1978, have your home tested for lead and learn about possible lead hazards.



## Name

Hennepin County Healthy Homes



## Phone

612-673-3000  
or 311 if you are within the  
city of Minneapolis



## Email

healthyhomes@hennepin.us



## Notes

Call to for assistance for lead paint hazards. Homeowners and landlords may be eligible for help to detect and remove lead paint.



## Name

The Beautywell Project, Amira Adawe



## Phone

612-250-4263



## Email

amira.adawe@beautywell.org




## Notes

Call for assistance for lead exposure: information on health clinics, lead exposure in the home and in cosmetics, and other sources of lead.

# LEAD SAFE HOME ROLE PLAY

## Finding a Lead Safe Home



Hello, I am here to look at the apartment you have available to rent starting next month.

Yes, when was this building built? It looks older, I see some paint chipping around the front door.

It is a beautiful building but I want to be sure this is a safe place for my young children and I. Since it was built before 1978, can you tell me more about the lead paint used on the building?

Hi! Nice to meet you. I am the manager of the building. Before we get started, do you have any questions?

Ahh, yes it was built in 1971. But it looks nice! Perfect for you and your family.

Of course! I am happy to share an EPA-approved information pamphlet on potential lead exposures.



[www.thebeautywell.org](http://www.thebeautywell.org)

For more information contact:


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# LEAD SAFE HOME ROLE PLAY

## Signing the Lease



Great! Before I sign anything... You mentioned you had a pamphlet about the lead paint in the apartment?

That would be helpful to know what to look for. What about the lobby of the apartment and hallways, how do I know those are safe?

Ok, I am happy to hear that. I will review the pamphlet now and sign the lease.

Good Evening! Thank you for meeting me. I just need a few signatures on your lease and the place is yours!

I have that right here for you. It outlines how to protect your family from lead exposure. As it is required by law that I inform you of any potential lead exposure in the home, I would like to do a walkthrough of the apartment and point out any hazards.

I can show you any potential hazards in the hall and lobby too. There shouldn't be any problems though, we have a wonderful maintenance team that takes good care of the property.

**BW**  
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# LEAD SAFE HOME ROLE PLAY

## Finding Potential Lead Exposure in your Home

Hello, I am calling today to report a potential lead exposure in my apartment... I am so worried.. I found paint chipping in my child's bedroom

What about my children? I found the chipping paint in my child's bedroom, right near their crib.

Ok... what happens to my apartment if the paint has lead in it??



Thank you for your call. It is very important the paint gets tested in a lab right away. If the paint tests from the lab come back showing lead, we will need to get that taken care of right away.

Yes, we can get the paint tested and have all your children tested for lead poisoning.

I will hire a professional to repair the paint. If you have to leave your home due to the repairs, we can talk through payment for your motel and transportation cost.



# LEAD EXPOSURE

## MYTHS & FACTS



**MYTH:** You can only get lead exposure from old paint in your home

You can get lead exposure from inside your home, plus cosmetics, soil, food, water, and imported products like pottery, cookware, & toys for children

**FACT:**



**MYTH:** Lead is only bad when you are exposed to a lot of it

No amount of lead exposure is safe. Young children are most at risk to the harmful effects of lead and can suffer from damage in brain development and their nervous system

**FACT:**



**MYTH:** Children can only get lead poisoning from eating paint chips

Lead can be found in dust found on surfaces and objects that children touch. Children can get lead poisoning through dust

**FACT:**



**MYTH:** You will know if you or your children has lead poisoning based on their symptoms

Lead poisoning does not always show signs and symptoms. Most children who have lead poisoning do not look sick. The best way to know if your child have been exposed to lead is to be tested

**FACT:**



**MYTH:** Lead poisoning is not a problem anymore

Lead paint is not used anymore but can still be found in homes built before 1978. Old paint in homes can peel, chip and create dust that can be a hazard to your health

**FACT:**



# LEAD EXPOSURE FLOWCHART

WHAT TO DO IF YOU THINK YOUR CHILD HAS BEEN EXPOSED TO LEAD

DO YOU THINK YOUR CHILD HAS BEEN EXPOSED TO LEAD?

YES

HAVE YOUR CHILD DO A LEAD TEST AT YOUR HEALTH CLINIC

TESTING COMPLETE

WAS THE TESTING RESULTS MORE THAN 5 µg/dL?

YES

THE CITY OF MINNEAPOLIS WILL BE NOTIFIED AND A HOME RESPONSE TEAM WILL WORK WITH YOU AND YOUR FAMILY TO ADDRESS THE POSSIBLE LEAD EXPOSURE IN YOUR HOME. THE HEALTHY HOMES TEAM WILL DO A RISK ASSESSMENT AND TEST PAINT, HERBS, SPICES, AND TOYS IN THE HOME FOR POSSIBLE LEAD

NO

THERE IS NO FURTHER ACTION REQUIRED

NO, BUT I AM STILL CONCERNED FOR MY CHILD'S HEALTH

IS YOUR HOME OR APARTMENT BUILDT BEFORE 1978?

YES

DO YOU OWN YOUR HOME?

NO

NO FURTHER ACTION REQUIRED. CALL THE CITY OF MINNEAPOLIS, LEAD & HEALTHY HOMES DEPARTMENT FOR ADDITIONAL CONCERNS

YES

CALL THE CITY OF MINNEAPOLIS, LEAD & HEALTHY HOMES DEPARTMENT FOR SCREENING QUESTIONS & POSSIBLE HOME EVALUATION

NO

CALL THE CITY OF MINNEAPOLIS, LEAD & HEALTHY HOMES DEPARTMENT TO BE CONSIDERED FOR HOME EVALUATION. YOU MAY BRING TOYS TO BE TESTED BY MINNEAPOLIS LEAD & HEALTHY HOMES