



# Health Effects of Lead

# Lead Gets into the Body in Many Ways

## Lead affects the body in many ways.

It is important to know that even exposure to low levels of lead can severely harm children.

### In children, exposure to lead can cause:

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

While low-lead exposure is most common, exposure to high amounts of lead can have devastating effects on children, including seizures, unconsciousness, and in some cases, death.

Although children are especially susceptible to lead exposure, lead can be dangerous for adults, too.

### In adults, exposure to lead can cause:

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

### Adults and children can get lead into their bodies if they:

- Breathe in lead dust (especially during activities such as renovations, repairs, or painting that disturb painted surfaces).
- Swallow lead dust that has settled on food, food preparation surfaces, and other places.
- Eat paint chips or soil that contains lead.

### Lead is especially dangerous to children under the age of six:

- At this age, children's brains and nervous systems are more sensitive to the damaging effects of lead.
- Children's growing bodies absorb more lead.
- Babies and young children often put their hands and other objects in their mouths. These objects can have lead dust on them.



### Women of childbearing age should know that lead is dangerous to a developing fetus:

- Women with a high lead level in their system before or during pregnancy risk exposing the fetus to lead through the placenta during fetal development.



# Is Your Home Lead Safe?



## WEATHERIZATION ASSISTANCE

The Department of Community Affairs offers free weatherization programs to qualified, low-income households to improve heating system efficiency and conserve energy.

For more information go to: [www.energyassistance.nj.gov](http://www.energyassistance.nj.gov)

**If you live in a pre-1978 home, your home may have lead hazards.**  
**HELP IS AVAILABLE TO YOU!**

## How NJ Can Help: Lead-Safe Remediation Pilot Program

### 80% Area Median Income

County	One	Two	Three	Four	Five	Six	Seven	Eight
Atlantic	\$40,250	\$46,000	\$51,750	\$57,450	\$62,050	\$66,650	\$71,250	\$75,850
Bergen	\$47,600	\$54,400	\$61,200	\$68,000	\$73,450	\$78,900	\$84,350	\$89,800
Camden	\$46,600	\$53,250	\$59,900	\$66,550	\$71,900	\$77,200	\$82,550	\$87,850
Essex	\$47,600	\$54,400	\$61,200	\$68,000	\$73,450	\$78,900	\$84,350	\$89,800
Hudson	\$48,200	\$55,050	\$61,950	\$68,800	\$74,350	\$79,850	\$85,350	\$90,850
Mercer	\$47,600	\$54,400	\$61,200	\$68,000	\$73,450	\$78,900	\$84,350	\$89,800
Middlesex	\$54,000	\$61,700	\$69,400	\$77,100	\$83,300	\$89,450	\$95,650	\$101,800
Monmouth	\$48,450	\$55,400	\$62,300	\$69,200	\$74,750	\$80,300	\$85,850	\$91,350
Ocean	\$48,450	\$55,400	\$62,300	\$69,200	\$74,750	\$80,300	\$85,850	\$91,350
Passaic	\$47,600	\$54,400	\$61,200	\$68,000	\$73,450	\$78,900	\$84,350	\$89,800
Union	\$47,600	\$54,400	\$61,200	\$68,000	\$73,450	\$78,900	\$84,350	\$89,800

### You Qualify For Help If You Meet The Following Requirements:

- Your household income is within the low-to-moderate income limits (see table above).
- You live in a one to two unit residential home built before 1978
- The property is current on real estate taxes, water and sewer.
- The property is structurally sound.

### Getting Started Is Easy!

Contact the organization in your county to fill out an application.  
**For a list of organizations go to:**  
[www.nj.gov/dca/divisions/dhcr/offices/leadsafe.html](http://www.nj.gov/dca/divisions/dhcr/offices/leadsafe.html)

For more information call: Xin Li (609)633-6164  
 or email: [Xin.Li@dca.nj.gov](mailto:Xin.Li@dca.nj.gov)

### What Help Is Provided?

- Preliminary lead testing to determine if lead is present on painted surfaces.
- Lead Inspection/Risk Assessment of your home.
- Remediation of lead-based paint hazards via interim controls.

