

Lead Exposure Self-Assessment for Adults

Lead is a dangerous metal that can harm people of any age. You can have lead poisoning and not look or feel sick. These questions can help you find out if you may be exposed to lead.

Do you or someone you live with have a job or hobby that involves working with lead?

Examples include:

- Construction or renovation of old buildings, bridges, or tunnels
- Using power tools on metal that contains lead
- Cleaning up areas containing lead
- Recycling batteries, electronics, or scrap metal
- Restoring or repairing cars, boats, electronics, or antiques, including furniture
- Making or firing bullets that contain lead
- Making pottery, jewelry, or stained glass using paints or glazes that contain lead

Yes: No:

During work or hobbies:

- Do not eat, drink, or smoke in the work area.
- Wash your hands and face with soap and water before eating, drinking, or smoking.
- Wear protective clothing and a properly fitted respirator.
- Use safe work practices and wet cleaning methods to reduce dust.
- Use lead-free alternative materials for hobbies when possible.
- Wash and shower after work or hobbies.
- Change out of work clothes and shoes before getting in your car or going home to prevent “take-home lead.”
- Wash work clothes separately from other household clothing.

Do you live in an older home or a building with ongoing renovations that create dust?

Lead-based paint was used in homes and buildings built before 1960. Harmful lead dust can be created from disturbed old paint.

Yes: No:

- Wash floors, windowsills, and other indoor surfaces often.
- Hire certified workers when fixing lead paint hazards and making repairs that disturb lead paint.
- Never dry-scrape or dry-sand lead paint during renovations.
- Keep children away from peeling or damaged paint.
- Report unsafe work practices to your landlord. Call **311** if the problem is not fixed or if you think repair work is being done unsafely.

Do you use products from outside the U.S., such as spices, health remedies, cosmetics, religious powders, or ceramic or metal cookware?

Some consumer products from around the world can contain lead.

Yes: No:

Avoid using products known to contain lead. For information on products to avoid, visit nyc.gov/hazardousproducts.

Do you eat, chew, or mouth any nonfood item, such as clay, soil, crushed pottery, or paint chips?

Eating or putting nonfood items in the mouth (known as pica) can expose you to lead.

Yes: No:

Avoid eating, chewing, or mouthing nonfood items.

Have you ever had a gunshot injury?

Bullets typically contain lead. Bullet fragments in your body can result in high blood lead levels.

Yes: No:

Tell your doctor if you have ever had a gunshot injury or bullets in your body and ask for a blood lead test.

Have you or someone you live with ever had a high blood lead level?

A high blood lead level for you or someone in your home can suggest common lead exposure.

Yes: No:

Speak with your doctor about getting a blood lead test for you and household members.

Do you often travel in and out of the U.S.?

Recent travel to and from countries where rules about lead are less strict can increase risk of lead exposure.

Yes: No:

Speak with your doctor about recent travel. For more information on how to prevent lead poisoning, visit nyc.gov/lead and nyc.gov/hazardousproducts.

If you answered yes to any of these questions, ask your doctor for a blood lead test. For help finding a doctor, call **311** or visit nyc.gov/healthcoverage. For more information on lead, visit nyc.gov/lead.

