

## Lead can be found in unexpected places

Lead exposure is a known health risk. It's important to know what causes lead exposure, and how to reduce exposure for yourself, your family, and children in your care

# Soil may contain lead

Soil in some neighborhoods or around homes and fences built before 1990 may contain lead flakes or lead dust. The health risk related to lead in soil exposure is low. Swallowing soil should be avoided.

## Soil can be contaminated with lead in these areas:

1

Neighbourhoods near industrial areas

2

Neighbourhoods near older, heavily-used roads

3

Near homes and fences built before 1990

## Here's what you can do to reduce lead exposure:



Do not allow children to eat the soil



Thoroughly wash all garden produce



Grow produce you pick, like corn or berries



Periodically add fresh soil to your garden and cover bare soil in your yard with sod or mulch



Wear gloves and wash your hands after gardening



Build a new raised-bed garden using fresh soil

GET MORE INFORMATION ABOUT LEAD AT:

[Manitoba.ca/leadaware](https://Manitoba.ca/leadaware)

If you have further questions about lead exposure, contact Health Links — Info Santé at 204-788-8200 or toll-free at 1-888-315-9257.

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