

How to talk to your doctor about lead



Lead exposure can have serious health effects at all stages of life.

Preparing for the conversation

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- Has anything in your health or life changed since your last visit?
 - Keep a **symptom journal** to track changes in your health.




Learn about lead risks in your home

- What year was your home built?
- Do you live near any industrial areas?
- Have there been any recent home repairs?

Starting the conversation: communicate your concerns


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I live in ___ city/ zip code. My area was affected by industrial **lead contamination** from the **Exide** facility.

and/or

I live in a **home built before 1978**, and am worried about the impacts of lead paint on my health.




Ask Questions

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- **There are no silly questions** when it comes to lead exposure.
 - If you have a concern, ask!

- Ask about **lead testing options** offered through your healthcare provider.
- Ask if blood lead level testing is recommended for you or your family, especially if you have young children.

Discuss how you can protect your health

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- **Collaborate with your doctor** to develop a plan for preventing lead exposure and protecting your health and the health of your family.

- **Request information** about local resources for lead testing, remediation, and support services for families affected by lead exposure.

Do you think you've been affected by Exide?

Free blood lead testing for people who live or work near Exide Technologies.



www.publichealth.lacounty.gov/eh/exide/

Do you rent/own a home in Los Angeles built before 1978?

You may be eligible for a free lead paint remediation.



www.housing2.lacity.org/residents/lead-hazard-remediation-program