

# Soil: a potentially hazardous source of lead exposure for young children

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## Potential Lead Exposures:

- Swallowing or breathing in lead-contaminated soil while playing.
  - Lead-contaminated soil particles can also be brought inside as lead dust or on shoes, clothing, or pets.
  - Young children tend to put their hands, which may be contaminated with lead dust from soil, into their mouths.
  - Some young children eat soil (this is called pica). Children may also be exposed to lead by eating fruits and vegetables grown in or near lead-contaminated soil.
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If you think that your child has been exposed to lead in soil contact your child's health care provider. Most children who are exposed to lead have no symptoms.

*The best way to tell if your child has been exposed is with a blood lead test.*



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## **Reduce or Eliminate Exposure to Lead in Soil**

- **Take off shoes when entering the house to prevent bringing lead-contaminated soil in from outside.**
- **Do not grow fruits or vegetables in lead-contaminated soil. Using a container garden is a good alternative.**
- **Plant grass on areas of bare soil or cover the soil with grass seed, mulch, or wood chips, if possible. Until the bare soil is covered, move play areas away from bare soil & away from the sides of the house.**
- **Prevent children from playing in bare soil. If possible, provide them with sandboxes. Cover sandboxes when not in use to prevent cats from using them as a litter boxes.**

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**Questions? Contact Patty  
Kirsch, Lead Nurse Specialist  
for Kalamazoo County, at  
(269) 373-5080**