

Lead Sources Checklist

Use this checklist to find possible lead sources in your daily life:

Paint and Dust

Homes built before 1978 may contain lead paint. The older the home, the higher the risk. Dangerous lead dust can be spread around the home from peeling paint, paint chips, painted windows and doors that rub together, and recent repairs/renovations.

Bare Soil

Soil around buildings and near busy roads may be contaminated with lead. Soil can be carried into your home on hands, shoes and clothing, or by the wind. Once inside your home, soil gets on floors, furniture, toys, or other objects that your child touches or puts in his or her mouth.

Household Items, Toys, and Jewelry

Things in your home may have lead in them. Watch out for anything bought from garage/yard sales, thrift stores, or passed down from family and friends.

These items may include [old or brightly decorated dishware](#), [old metal items](#), [furniture that looks old or has metal pieces](#), [antique toys](#), [older imported toys](#), [costume jewelry](#), [toy jewelry with rhinestones](#), and [jewelry from vending machines](#). Toys made before 2010 were not required to be independently tested for lead and may have higher lead levels.

Foreign Products

Traditional remedies (Chinese or Ayurvedic remedies), traditional make-up, and imported spices/food bought in other countries and specialty grocery stores may contain lead. Brightly colored powders (red, orange, yellow) usually contain the highest amount of lead. Examples include [turmeric](#), [curry powder](#), [kohl](#), [surma](#), [sindoor](#), [greta](#), [azarcon](#), [ba-baw-san](#), and [ghasard](#).

Jobs and Hobbies

People exposed to lead at work or through jobs and hobbies like [construction](#), [welding](#), [painting](#), [plumbing](#), [fishing](#), [making stained glass](#), [visiting firing ranges](#), or [working on cars](#) can bring harmful levels of lead dust home to their families. You cannot see lead dust, but it can be carried home in your car or on your clothes, shoes, skin, and hair.

Water

If your home has an older plumbing system or a poorly designed/maintained rainwater catchment system, your water may contain lead.



What can I do?

Paint and Dust

- Keep your child away from areas of peeling/chipping paint
- Keep your home clean. Remove dust on hard floors with a wet mop. Wipe down windowsills with soap and water. Use a HEPA vacuum to clean floors, carpets, rugs, and furniture. Wash hard toys and pacifiers often with soap and water. Wash plush toys and stuffed animals in the washing machine on gentle cycle.
- Do not scrape, sand, or disturb paint unless you know your paint does not have lead in it. Call the DOH Lead Based Paint Program at 808-586-5800 for advice on reducing lead hazards safely.

Bare Soil

- Do not let your child play in bare soil, especially near older buildings and busy roads.

Household Items, Toys, and Jewelry

- Unless you know the items are lead-free, keep them away from your child.
- Do not let your child play with antique toys or older imported toys.
- Do not use brightly decorated, old/antique, or damaged dishware for food or drinks.
- Do not let your child suck on or play with metal, costume jewelry, or toy jewelry with rhinestones.

Foreign Products

- Do not buy or use items that were originally labeled for sale in a foreign country.

Jobs and Hobbies

- Change into clean clothes and shower before getting in your car or going home.
- Wash work clothes separately from other laundry and use an extra rinse cycle.
- Do not let your child play with fishing sinkers, bullets, or ammunition casings.
- Keep your child away from things that use lead solder like welding, stained glass, or jewelry making.

Water

- Run water for at least 30 seconds before using a faucet if it has been more than 6 hours.
- Use cold water tap for cooking, drinking, and baby formula.
- Follow DOH rainwater catchment system guidelines - health.hawaii.gov/sdwb/raincatchment
- Test your tap water and/or use a filter that reduces lead. Email sdwb@doh.hawaii.gov for more info.

FOR MORE INFORMATION



Hawaii Childhood Lead Poisoning Prevention Program

Hawaii State Department of Health (DOH)

Lead.hawaii.gov

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808-733-9055

