

Let's keep our families and environment healthy by using lead-free ammunition.

Make sure your gun can handle non-lead shot. It's time to switch!

DID YOU KNOW



Babies and growing children absorb lead into their bodies more easily than adults, so they are sensitive to even small amounts. This can impact

their brain development and affect learning. Young children with too much lead may learn more slowly, both at home and at school. You can use beads or lead-free shot when making shîshîkwin (baby rattles).



Lead is no longer used in gasoline or tin cans, because it can make people sick.



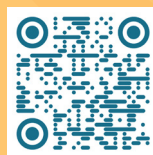
The "lead" in pencils is not real lead. It's graphite.



Lead can also poison birds and other wildlife.

To learn more, visit:

creehealth.org/leadfree



HEALTH IMPACTS

OF LEAD SHOT & BULLETS

À" ᑦÀ" . ᑲᑦᑦᑦ
ᑲᑦᑦᑦ ᑦᑲᑦᑦ ᑲᑦᑦᑦ.
ᑲᑦᑦᑦ ᑲᑦᑦᑦ

pîh chipih w kâchikin asinîh
kiyâh kâpishimiw tâtâshich
ashinîshh



LEAD IS TOXIC

Switch to lead-free ammunition to keep our families, environment, and meechum healthy.



ᑦᑲᑦᑦᑦ ᑲᑦᑦᑦᑦ
CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY

IYIYIMIICHIM
IS HEALTHY

but

**LEAD
IS NOT!**

WHAT IS LEAD?

Lead is a metal found in certain kinds of rocks. These rocks can be crushed and heated to take out the pure lead.

Lead is used in:

- Lead shot pellets and bullets for hunting
- Charge powder inside shot cartridges
- Fishing sinkers
- Vehicle batteries
- Paint for canoes and other boats



CAN LEAD MAKE YOU SICK?

YES.

Small amounts of lead can cause less noticeable health effects like mood changes, sleep problems, or raised blood pressure.

Larger amounts of lead can make people very sick. It can cause:

- Damage to the brain and kidneys
- Miscarriages in pregnant women
- Learning and development problems in young children

Most people with high blood lead in Eeyou Istchee have small amounts of blood lead.

HOW DOES LEAD GET INTO THE BODY?

Lead gets into our bodies when we:

- Eat food or smoke after touching the dust on a lead shot cartridge, a gun, or a lead fishing sinker.
- Eat tiny pieces of lead shot or bullets left in game.
- Breathe in lead dust or smoke (cigarette or gun smoke).

SHOULD WE STILL EAT GAME HARVESTED WITH LEAD AMMUNITION? **YES!**

Game meats are very healthy and hunting is great exercise. But take special care when eating game harvested with lead ammunition.

For game harvested with lead shot or bullets, it is recommended that you:

- In large game, do not eat meat within 4 inches (10 cm) of where the bullet passed through (wound channel).
- Give babies, children, and pregnant women meat that is furthest away from the bullet and wound.
- Cook the meat in the oven or over an open fire instead of in a stew. Lead can leak into stew while it cooks.

WHAT CAN WE DO TO PROTECT OUR FAMILIES?

Switch to ammunition that does not have lead, like:

- Lead-free shot (*usually steel but can contain tungsten or bismuth*)
- Copper bullets
- Or other lead-free options

Note: Federal law forbids the use of lead shot to hunt migratory birds.

Keep lead away from children.

- Do not let them play with used shot cartridges, pellets, or fishing sinkers which may contain lead.

Make sure your hands are clean before you eat.

- When you hunt, lead dust from charge powder can get on your hands. Wash or wipe your hands well before eating or smoking, or wear gloves when you are hunting.

Quit smoking.

- Lead is also found in cigarettes. Smokers have higher lead levels. Non-smokers and children may also breathe in lead through second-hand smoke.

Clean up empty shells and garbage at your blind.



SHOULD I BE WORRIED ABOUT LEAD IN EYYOU ISTCHEE?

- No lead has been found in the tap water, spring water, or soil in Eeyou Istchee.
- Blood lead levels in Eeyou Istchee are higher than in the rest of Quebec.
- Blood levels just above the guidelines are not high enough to make people feel sick, but can still have an impact on your health. (*e.g. elevating blood pressure, or affecting your mood or sleep*)
- Switching to non-lead ammunition and following the recommendations in this guide can help keep you and your family safe.



If you are worried about lead, you can ask to have a blood test at your local CMC.