

PROTECTING CHILDREN FROM LEAD BULLETS AND SHOT

Hunting and eating game meat are great for health, especially when we manage to avoid lead!

Why is it important to try to avoid lead shot and bullets?

- Lead is toxic: it interferes with normal brain development of the fetus, babies and children.
- Cartridges with lead shot (also called lead pellets), and lead bullets, both release a significant amount of lead in the earth, rivers and lakes.
- Once in the environment, lead contaminates birds and fish, and can have toxic effects on the health of birds and fish.
- Cartridges with lead shot were banned in Canada and the USA to protect the health of birds living near rivers and lakes.

How can ammunition expose pregnant and breastfeeding women, children, youth and adults to lead?

- The meat of birds or small game hunted with lead shot ammunition may be contaminated with lead: we may see lead shot in the meat or sometimes there are small fragments of lead invisible to the naked eye.
- The meat of big game hunted with lead bullets can also be contaminated with lead: when the bullet enters and explodes in the flesh of the animal, it releases small lead fragments, around the wound and through the wound channel
- When cleaning guns that use lead ammunition, dust coming off the gun contains lead.
- When making lead ammunition (cartridges with lead pellets) with hands or when touching ammunitions or lead-containing dust (for example, when children play with spent lead cartridges).
- Hunters who hunt with lead ammunition breathe lead fumes when shooting.

Good news ! Lead-free shotgun cartridges are available!



AVOID!

Cartridge with lead shot
Banned for migratory birds

LEAD-FREE!

Cartridge with steel shot
Available in most gauges. May require adjustment of shooting technique and of gun.

LEAD-FREE!

Cartridge with bismuth or tungsten shot
Available in most gauges but more expensive than steel

Lead-free bullets are also available...



WITH LEAD!

Bullets with a lead head
Still on the market.

WITH LEAD!

Bullets with a copper covered head but with the inside in lead

LEAD-FREE!

100% copper bullet (covering and inside in copper)
But a bit more expensive than the others

Best Option!

How to avoid lead if you are hunting with bullets containing lead?

Removing **10 cm (4 inches)** of meat around the **bullet impact** can eliminate a large part of lead fragments in the meat



Traditional methods using nets or slingshots are also a great option to avoid the lead!