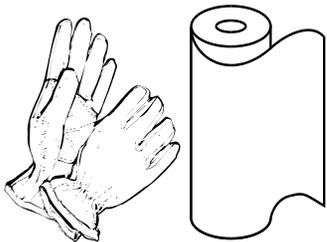


What can be done to protect adults and children against lead?

- Switch to a type of ammunition that does not contain lead, such as steel, bismuth, copper, etc. (Federal law actually forbids the use of lead shot to hunt migratory birds.)
- Do not let children play with used lead shot cartridges, lead pellets or lead fishing sinkers.
- When you hunt, lead dust from charge powder can get on your hands and be swallowed. To prevent this, wear gloves and remove them before eating or smoking. If you didn't wear gloves, wash your hands or at least wipe them before you eat or smoke.



- Quit smoking – smokers have higher lead levels.

Are high lead levels a serious health problem in the Cree communities?

- The tap water in all communities has been tested. Some samples of spring water and soil have also been tested, and no lead has been found.
- Blood lead levels in some communities are higher than the rest of Quebec, but this is not as big a health problem as diabetes and other chronic diseases.
- Blood levels just above the guidelines are not high enough to make people feel sick. But it is still not good to be over the guideline, especially for children.
- If you are concerned about lead, you may ask at the clinic to have a blood test.



LEAD SHOT & BULLETS



Photo: Wilfred Georgekish, Wemindji

- in our bodies?
- in our food?
- in our environment?

Questions and answers

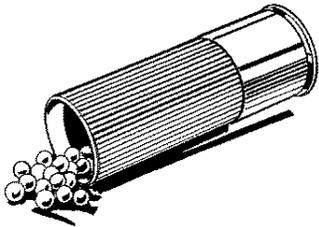


Conseil Cri de la santé et des services sociaux de la Baie James
σϯδλ^a 6λ ΔΓΔ ρΔ^a ρααβΓCβσD^λ
Cree Board of Health and Social Services of James Bay

April 2017

What is lead and where is it found?

- Lead is a metal found in certain kinds of rocks. Pure lead comes out after these rocks are crushed and heated.
- Lead is used in:
 - Lead shot pellets & bullets for hunting
 - Charge powder inside shot cartridges
 - Fishing sinkers
 - The batteries of vehicles
 - Paint for canoes and other boats



- Lead is no longer used in gasoline or in tin cans. The government has passed laws against lead, because it can make people sick.
- The “lead” in pencils is not real lead. It’s graphite.

Can lead make you sick?

- Yes. Small amounts of lead can cause subtle health effects like irritability, sleep problems or raised blood pressure.
- Larger amounts can cause miscarriages or make people very sick. This is rare, except for people who work in factories or mines where they are in contact with lead.
- Babies and children under eight absorb lead into their bodies more easily than adults. They are sensitive to even small amounts of lead. Young children with too much lead may be slower to learn both at home and at school.



How does lead get into the body?

- Lead gets into people’s bodies when they...
 - Eat food after their hands have touched the dust on a lead shot cartridge, a gun, or a lead fishing sinker
 - Eat tiny fragments of lead shot or bullets left in game
 - Breathe in dust or smoke that contains lead, like the smoke a gun makes when you fire it.

Should we still eat game that was killed with lead ammunition?

- **Yes!** Game meats are very healthy for adults and children. Hunting is also great exercise. But take these precautions:
 - When you butcher big game, discard the meat within four inches of the wound channel.
 - For game killed with lead shot, give babies, children and pregnant and breastfeeding women, parts that are far away from the pellets.

