

LEAD AND PREGNANCY KEEP BABY

SAFE

LEAD IS A TOXIN THAT CAN CAUSE SERIOUS HEALTH ISSUES FOR PREGNANT PEOPLE AND THEIR UNBORN BABY. LEAD POISONING CAN PUT THE PREGNANT PERSON AT RISK FOR MISCARRIAGE AND CAUSE THE BABY TO BE BORN TOO EARLY OR TOO SMALL. IT CAN ALSO CAUSE LEARNING AND BEHAVIORAL ISSUES AS THE BABY DEVELOPS.

THANKFULLY, LEAD POISONING IS PREVENTABLE.

LEAD POISONING IS MOST COMMONLY CAUSED BY BREATHING IN LEAD DUST OR FUMES, OR EATING ITEMS THAT HAVE BEEN CONTAMINATED WITH LEAD. BY TAKING SIMPLE STEPS TO PROTECT YOURSELF AND YOUR BABY FROM LEAD, YOU CAN HELP THEM DEVELOP INTO A HEALTHY CHILD.



Lead can cause your baby to be born too early or too small

Lead can harm your baby's brain and nervous system

Lead can harm your baby's kidneys and other organs

DO



See your doctor

Tell your doctor of any recent or past exposure to lead.



Avoid home repairs

In pre-1978 houses, avoid disturbing paint or doing repairs.



Eat a healthy diet

Eat a variety of food rich in calcium, iron and vitamin C.



Keep home clean

Clean windowsills and other surfaces using wet methods to minimize house dust.



Protect your baby

If someone uses or works with lead, have them shower and change clothes before entering the home.



DON'T



Use home remedies

Some imported home remedies, cosmetics, and food items, and spices, like tamarind, may contain lead.



Use imported items

Some imported pottery or ceramic ware may use lead-based paint or glaze. Do not use to cook, serve, or store food or drinks.



Eat non-food items

Never eat or chew on clay, dirty, pottery, and other non-food items. These may have lead in them.



Clean up lead

Do not clean up lead yourself. Have someone else clean up lead. Be sure lead-safe practices are used.



Take home lead

If someone uses or works with lead, lead dust can be carried home on the body and clothes.

