Pregnancy, Lead and Your Baby
What You Need to Know
What kind of problems can happen with lead?

Lead poisoned children and babies may have:

- Problems with learning
- Lowered attention span
- Hyperactivity
- Hearing loss

Your child could be affected even if you are exposed to lead while you are pregnant.

Also, you could have a higher than normal chance of having a baby born too soon or having a miscarriage.
Lead is found in:

- Paint and paint dust in homes built before 1978 and older furniture
- Soil or dirt
- Some children’s toys and jewelry
- Some jobs (painters and welders) and hobbies (stained glass, fishing sinkers)
- Some folk remedies and cosmetics
- Ceramics and crystal
- Water
Ask yourself these questions to see if you, your baby or your children are at risk:

1. Do you or others who live with you work with lead at your job?  
   (See list below of jobs that may have lead exposure)

   - Ammunition/explosives production
   - Automotive repair shops
   - Battery manufacturing and recycling
   - Brass, bronze, copper or lead foundries
   - Bridge, tunnel and elevated highway/subway construction
   - Cable/wire stripping, splicing or production
   - Ceramic manufacturing
   - Firing range work
   - Glass recycling, stained glass and glass manufacturing
   - Lead abatement
   - Lead production or smelting
   - Machining or grinding lead alloys
   - Manufacturing and installation of plumbing components
   - Manufacturing of industrial machinery and equipment
   - Metal scrap yards and other recycling operations
   - Motor vehicle parts and accessories
   - Occupations using firearms
   - Plastics manufacturing
   - Pottery making
   - Production and use of chemical preparations
   - Rubber manufacturing
   - Sandblasting, sanding, scraping, burning or disturbing lead paint
   - Use of lead based paints
   - Welding or torch-cutting painted metal

2. Do you or others who live with you have any hobbies or activities that involve lead? (See list below of activities that may have lead exposure)

   - Making stained glass or painting on stained glass
   - Copper enameling
   - Bronze casting
   - Making pottery and ceramic ware with lead glazes and paints
   - Casting ammunition, fishing weights or lead figurines
   - Collecting, painting or playing games with lead figurines
   - Jewelry making with lead solder
   - Electronics with lead solder
   - Furniture refinishing
   - Glassblowing with leaded glass
   - Printmaking and other fine arts
   - Liquor distillation
   - Hunting and target shooting

3. Do you have children in your home with lead poisoning?  
4. Do you have a history of lead poisoning?  
5. Have you in the past five years, or are you currently, fixing a home built before 1978 for your job, hobby, or personal use?

If a YES ✔ mark is placed next to questions 1-5, a blood lead test is recommended.
Prenatal Risk Assessment for Lead | Part 2

Ask yourself these questions to see if you need to reduce your lead risk.

6. Sometimes pregnant women have the urge to eat things which are not food, such as clay, soil, plaster or paint chips. Do you ever eat or chew on non-food items?  
   - YES  
   - NO

7. To your knowledge, has your home been tested for lead in the water, and if so, were you told that the level was high (≥ 15 parts per billion)?  
   - YES  
   - NO

8. Do you use any traditional folk remedies or cosmetics that are not sold in a regular drug store or are homemade, which may contain lead? (For example: kohl, kajal, surma, greta, azarcon, bali goli, pay-loo-ah and ghazard.)  
   - YES  
   - NO

9. Do you use homemade pottery or leaded crystal for eating or drinking?  
   - YES  
   - NO

10. Were you born or have you spent any time outside of the United States?  
    - YES  
    - NO

11. Do you live in, or regularly visit, a house built before 1978 that either has chipped or peeling paint, or has been remodeled or renovated in the past five years?  
    - YES  
    - NO

If a YES ✔ mark is placed next to questions 6-11, lead risk reduction counseling/education is recommended.
Preventing Lead Poisoning

Do these things:

- Eat healthy, well-balanced meals rich in iron and calcium
- Pregnant women need 2000 mg of calcium and 30 mg of iron per day through diet and/or supplements. Some examples are:
  - Milk, meat, cereal, beans, peas, spinach, cheese, cooked greens, vitamins
- Wash hands well and often
- Keep your house clean
  - Wash floors and window sills often
  - Damp dust
- Keep regular prenatal doctor visits
- Protect yourself if your job exposes you to lead
- Leave your shoes at the door
Avoid peeling, chipping paint
Do not sand paint
Avoid remodeling and lead paint removal
Do not use a heat gun to remove old paint
Never sweep or dust with dry cloth
Never put non-food items in your mouth (sometimes pregnant women may have an urge to eat things that are not food). If you have the urge to eat non-food items, discuss this with your doctor.

Some examples are:
- Corn starch
- Crushed pottery
- Dirt

Avoid peeling, chipping paint