Pregnancy, Lead and Your Baby

What You Need to Know

Ohio Department of Health
Bureau of Child and Family Health Services

Ohio Healthy Homes
and Lead Poisoning Prevention Program

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What kind of problems can happen with lead?

Lead poisoned children and babies may have:

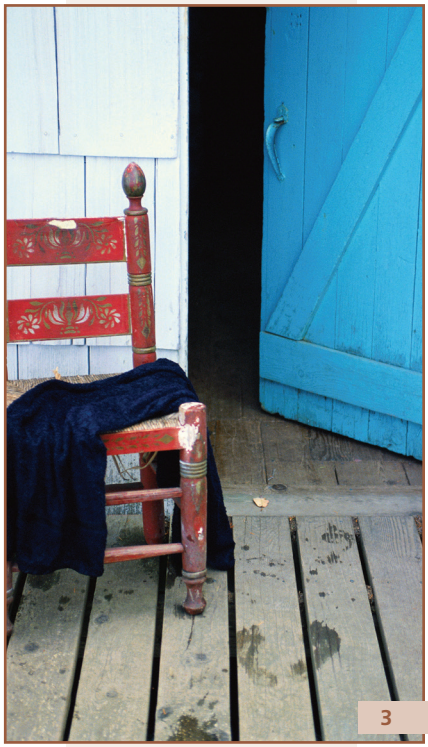
- Problems with learning
- Lowered attention span
- Hyperactivity
- Hearing loss

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



Prenatal Risk Assessment for Lead | Part 1

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? ❑ **YES** ❑ **NO**
(See list below of jobs that may have lead exposure)

Ammunition/explosives production	Glass recycling, stained glass and glass manufacturing	Occupations using firearms
Automotive repair shops	Lead abatement	Plastics manufacturing
Battery manufacturing and recycling	Lead production or smelting	Pottery making
Brass, bronze, copper or lead foundries	Machining or grinding lead alloys	Production and use of chemical preparations
Bridge, tunnel and elevated highway/ subway construction	Manufacturing and installation of plumbing components	Rubber manufacturing
Cable/wire stripping, splicing or production	Manufacturing of industrial machinery and equipment	Sandblasting, sanding, scraping, burning or disturbing lead paint
Ceramic manufacturing	Metal scrap yards and other recycling operations	Use of lead based paints
Firing range work	Motor vehicle parts and accessories	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) ❑ **YES** ❑ **NO**

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

③ Do you have children in your home with lead poisoning? ❑ **YES** ❑ **NO**

④ Do you have a history of lead poisoning? ❑ **YES** ❑ **NO**

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? ❑ **YES** ❑ **NO**

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

For CDC Lead Guidelines visit:

http://www.cdc.gov/nceh/lead/publications/leadandpregnancy2010.pdf

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