

Are You Pregnant?



**Protect your baby
from lead poisoning.**

**For more information:
Call your child's doctor or your
local health department.**

**Division of Environmental Health
Children's Environmental Health Branch
(888) 774-0071**

State of North Carolina
Beverly Eaves Perdue, Governor

Department of Environment and
Natural Resources
Dee Freeman, Secretary



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Protect your baby from lead poisoning.



- Lead poisoning is caused by breathing or swallowing lead.
- Lead can pass from a mother to her unborn baby.
- Ask your medical provider if you are at risk for lead poisoning.
- You may need a blood test to find out if you have lead in your body that could affect your pregnancy.



Why is lead harmful?

- Lead can put you at risk for miscarriage.
- Lead can cause your baby to be born too early or too small.
- Lead can hurt your baby's brain, kidneys and central nervous system.
 - Lead can cause your child to have learning or behavior problems.

Where is lead found?

- Paint and dust in older homes, especially dust from renovation or repairs.
- Candy, make-up, glazed pots and folk medicine made in other countries.
- Worksites involving battery manufacturing, construction, furniture refinishing, automotive repair and plumbing.
- Soil and tap water.
- Vinyl mini-blinds.



What can I do to protect myself and my baby?

Eat foods high in calcium, iron and vitamin C.



- **Calcium:** milk, yogurt, cheese and green, leafy vegetables such as spinach.



- **Iron:** red meat, beans, iron-fortified cereals, raisins and spinach.



- **Vitamin C:** oranges, green and red peppers, broccoli, tomatoes and vitamin C-fortified fruit juices.

Questions?
Call (888) 774-0071



What should I do to avoid lead?

- Avoid lead dust.
- Avoid certain hobbies.
- Furniture refinishing, stained-glass and jewelry-making may expose you to lead. Avoid using imported ceramic pottery.
 - Do not use dishes that are chipped or cracked.
 - Use caution when eating candies, spices and other foods that have been brought into the country.
- Use a damp cloth to dust, and mop to keep lead dust cleaned up.
- If you are pregnant, do not stay in the house during painting or remodeling of a room with lead paint.

Talk to your provider about medicines and vitamins.

- Some home remedies and dietary supplements may have lead in them.
- Tell your provider about any cravings you are having, such as eating dirt or clay, because they may have lead in them.



Wash your hands, especially before you eat.

- This will keep lead dust you may have touched from getting into your body.