

More ways to protect myself and my baby from lead:

- 5 **Don't eat things that could have lead in them**, such as clay, pottery, soil or paint chips. Talk with your doctor if you have ever done this.
- 6 **Be extra careful with jobs or hobbies that involve working with lead**, such as building restoration, plumbing, stained glass work, or using lead fishing sinkers or bullets. Wash your hands before eating, and don't eat in the work or hobby area.
- 7 **If your house or apartment was built before 1978**, stay away from any repair work being done in your home until the area has been completely cleaned by the workers.



Call your local health department to learn what workers should do to protect you and your children from lead dust.

Where can I find out more?

Ask your health care provider or call your local health department!

Visit the NYS Department of Health website:
nyhealth.gov/environmental/lead

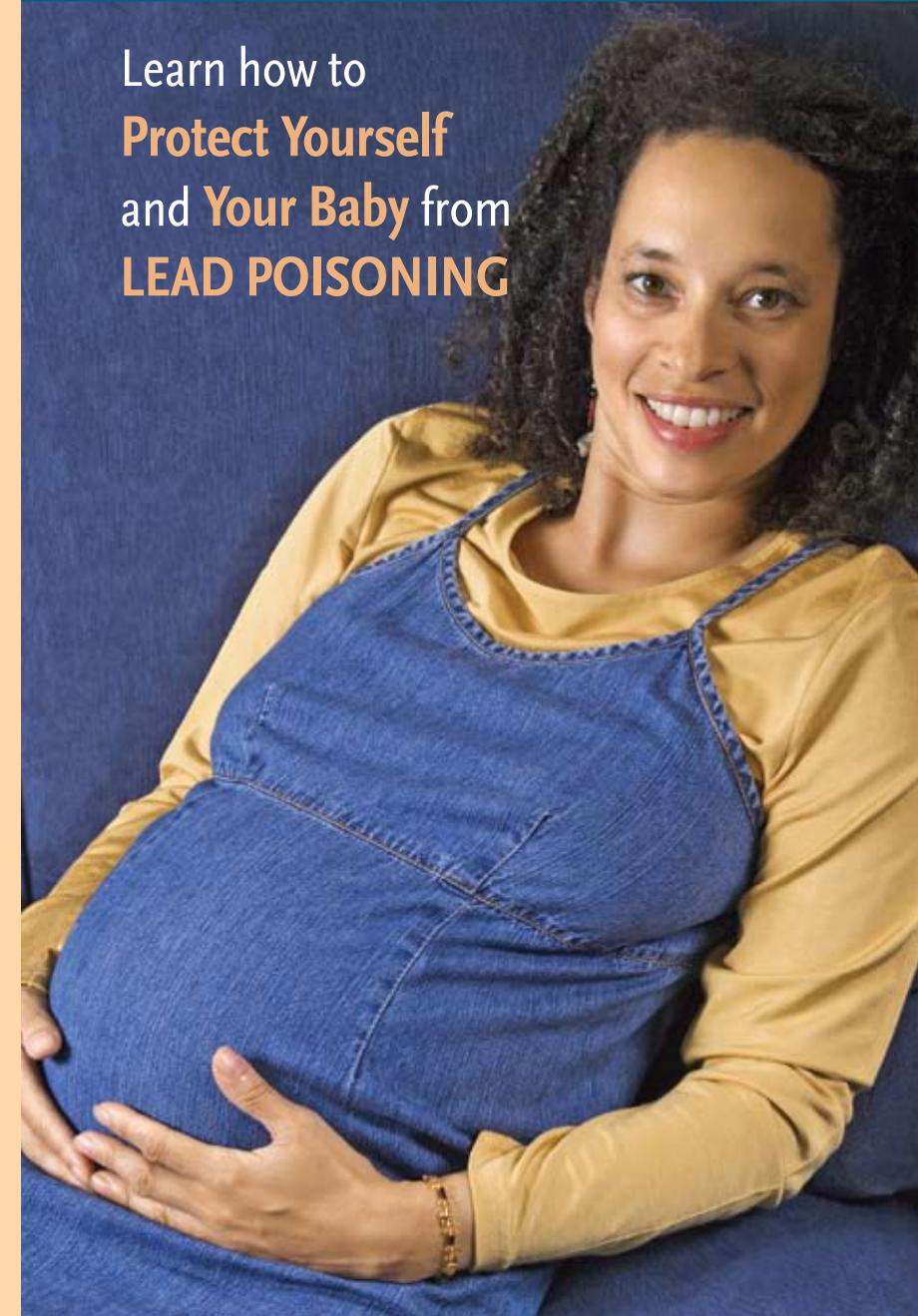
If you are concerned about lead at your work, call the NYS Bureau of Occupational Health at
1-800-458-1158, x27900



State of New York
Department of Health

Are You Pregnant?

Learn how to
Protect Yourself
and **Your Baby** from
LEAD POISONING



Why should I protect myself from lead?

Lead is a poison. Lead can cause high blood pressure in pregnant women. Lead can also cause your baby to be born too small or too early.

If you have lead in your body, it can be passed to your baby during pregnancy. Even a small amount of lead in your baby can cause problems with growth, behavior, and your child's ability to learn.



When you protect yourself from lead, you also protect your baby.

How can lead get into my body?

You can get lead into your body by swallowing it or breathing it in. For years, lead was used in paint, gasoline, plumbing, and many other items. Lead is still in some kinds of pottery. As things are used or get worn out, the lead they contain can spread.

Although lead paint was banned from home use in 1978, the dust from lead paint is still the number one source of childhood lead poisoning.

What is my lead risk?

If you answer “yes” to any of the following questions, ask your doctor about a lead test.

- Do you live in a home or apartment built before 1978?
- Have there been any recent home improvements or repairs where you live?
- Were you born, or have you ever lived, in another country?
- Do you use medicines, cosmetics, or spices from another country?
- Do you, or someone with whom you live, have a job or hobby that could bring you into contact with lead?
- Do you use pottery that was made in another country, painted china, or leaded glass?
- Have you ever eaten or chewed crushed pottery, soil, paint chips, clay, or other things that aren't food?



How can I protect myself and my baby from lead?

- 1 Ask your doctor about a lead test.** A blood test is the only way to know how much lead is in your body. Lead poisoning usually does not make you look or feel sick.
- 2 Eat foods rich in calcium, iron, and vitamin C to help protect yourself from lead.** Foods with calcium include milk, cheese, and yogurt. Foods with iron include beans, meat, peas, spinach, eggs, and cereal. Foods with vitamin C include oranges, orange juice, grapefruits, tomatoes, and green peppers.
- 3 Use lead-free dishes and pots.** Lead is more likely to be in pottery from Latin America, the Middle East, India, and in painted china. Lead is also in pewter, leaded glass, and crystal.
- 4 Avoid using traditional medicines, cosmetics, or spices from other countries.** They are more likely to have lead in them than products made in the U.S. Lead has been found in Ayurvedic medicines; cosmetics such as kohl and surma; and in liga, greta, azarcon, litargirio, and other preparations.

More ways to protect yourself on the back...