



Lead

and your pregnancy

Lead is a poison. If lead gets into your body, it could harm you and your unborn baby. Please consider the following tips if you are pregnant (see inside for more information):

- if you are fixing up a room for the baby, DON'T REMOVE THE PAINT!!!
- be careful with your hobbies
- eat right to stay ahead of lead
- make sure there are no lead dangers where you work
 - use lead-free dishes
- use caution when cleaning

 **get good advice.**

If you are concerned with lead and your pregnancy, contact your doctor.

To learn more about lead poisoning prevention:

Delaware County Public Health

8:00a.m.-4:00p.m. M-F

Phone: (607) 832-5200

Information provided by:

New York State Department of Health

Centers for Disease Control

United States Environmental Protection Agency

www.delawarecountypublichealth.com



Lead

and your pregnancy



>> your dishes

Use lead-free dishes! Some dishes may have lead in their glaze and paints. Don't use chipped or cracked dishes to store or serve food.



>> lead dangers

Make sure there are no lead dangers where you work.

People who work at construction, plumbing, painting, auto repair and certain other jobs can be exposed to lead.

You and anyone you live with who is exposed to lead on the job should shower and change into fresh clothes and shoes before coming home.

>> your hobbies



Some crafts call for use of paints, glazes, and solder (used in making stained glass). Many of these contain lead.

>> Lead

and your pregnancy

>> cleaning tips

Damp mop often to reduce lead dust. Be sure to wash your hands immediately after you mop. If you've been washing windows, floors or walls, or digging in the garden, be sure to wash your hands.



ALWAYS wash your hands before making meals or eating!

>> paint removal

If you are fixing up a room for the baby, don't remove the paint!!!



Old paint can have lead in it, which can travel through your blood to your unborn baby.

While you're pregnant, stay away from places where remodeling is being done. Also be sure to let someone else do the clean-up after the work is done.

>> eating right

Foods high in iron and calcium can help lower your lead risk. There are sources of both iron and calcium found in many foods.

For iron:

- | | |
|-------------------|---------------|
| -dried beans/peas | -spinach |
| -lean beef/pork | -eggs |
| -chicken/turkey | -tuna |
| -collard greens | -whole grains |



For calcium:

- | | |
|--------------------|------------|
| -cheese | -milk |
| -yogurt | -pudding |
| -cottage cheese | -ice cream |
| -milkshakes | -cream |
| -pizza | -lasagna |
| -macaroni & cheese | -soups |



>> good advice

If you are concerned with lead and your pregnancy, contact your doctor.

To learn more about lead poisoning prevention:
Delaware County Public Health
8:00a.m.-4:00p.m. M-F
Phone: (607) 832-5200