



ARE YOU PREGNANT?



Protect your baby from lead poisoning.

FOR MORE INFORMATION

Contact your child's doctor or your local health department. A list of health departments by county is at: <http://www.ncalhd.org/directors/>.

Additional resources are available at the NC Department of Health and Human Services, Division of Public Health, Environmental Health Section, Childhood Lead Poisoning Prevention Program, <http://ehs.ncpublichealth.com/hhccehb/cehu/index.htm#clppp> or 1-888-774-0071.



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TAKE ACTION TO PROTECT YOUR BABY FROM **LEAD POISONING**



✓ Get a Blood Test



✓ Eat Healthy Food



✓ Wet Clean



✓ Wash Hands



✓ Hire a Professional



✓ Leave Shoes at Door



✓ Use Safe Drinking Water

Have your water tested for lead.

Do not drink, cook, or make baby formula with your tap water if it contains lead.

Reduce levels of lead in your water by flushing pipes after six hours of nonuse and always use cold water for drinking, cooking, and making formulas and juices.



LEAD FACTS

There is no safe level of lead in the body.

- ▶ Lead is a metal that can pass from a mother to her unborn baby.
- ▶ Even a little lead can affect your baby's growth. It can also hurt your baby's brain and kidneys.
- ▶ Lead can cause your baby to be born too early and too small.
- ▶ Lead poisoning is caused by breathing or swallowing lead dust.
- ▶ Ask your medical provider if you or your baby are at risk for lead poisoning.
- ▶ You should have a blood test to find out if you have lead in your body that could affect your pregnancy.
- ▶ You may be eligible for free prenatal lead screening. Call your local health department to see if you qualify.

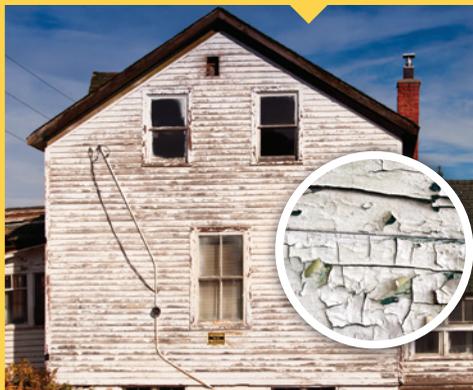


QUESTIONS?

Call 1-888-774-0071 to talk with the North Carolina Childhood Lead Poisoning Prevention Program.

PROTECT YOUR BABY BY AVOIDING THESE SOURCES OF LEAD

⊘ Lead paint outside older homes



⊘ Workers exposed to lead

⊘ Imported candy



⊘ Lead paint inside older homes



⊘ Lead-glazed pottery

⊘ Vinyl or plastic mini-blinds



⊘ Unsafe home repair



⊘ Fishing and hunting supplies

⊘ Lead pipes and drinking water



RISKS FOR PREGNANT WOMEN

You may be at higher risk of having lead in your blood if you:

- ▶ Have a job or live with someone who works in battery recycling, construction, painting, or manufacturing.
- ▶ Use imported spices that may contain lead.



- ▶ Use items for worship that may contain lead such as:
 - eye make-up such as kohl, kajal, al-Kahal, surma, tiro, tozali, and kwalli
 - kumkum
 - sindoor
- ▶ Have the eating disorder called pica (eating non-food items that may contain lead such as paint chips, clay, soil, or pottery)
- ▶ Use herbal drinks and teas and some home remedies such as:
 - Azarcon
 - Ba-Baw-San
 - Daw Tway
 - Daw Kyin
 - Ghasard
 - Greta
 - Paylooahmay
- ▶ Have recently come to the U.S. from a country with a lot of lead pollution such as Mexico, Ecuador, Bangladesh, Pakistan, or India.