

ADDITIONAL INFORMATION

Remember: If you are pregnant or planning to become pregnant and think you're being exposed to lead, ask your doctor for a blood lead test. A blood lead test will determine if you or your unborn child is being exposed to lead.

For More Information Contact

- Your physician
- Local County Health Department
- Utah Department of Health ,
Office of Epidemiology,
(<http://epht.health.utah.gov/epht-view/topic/ChildhoodBloodLead.html>)
- Utah Department of Air Quality
(<https://deq.utah.gov/air-quality/lead-based-paint-program>)
- Centers for Disease Control and
Prevention (CDC),
(<https://www.cdc.gov/nceh/lead>)
- U.S. Environmental Protection Agency,
(www.epa.gov/lead)



*How to Keep You and Your Baby Healthy
and Safe*

Office of Epidemiology
P.O. Box 142104
Salt Lake City, Utah 84114-2104

Phone: 801-538-6191
Email: EPICDEPFAX@utah.gov

Revised October 2018

This Publication was supported by Grant No. US7/CCU818465-03 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

PREGNANCY AND LEAD POISONING



*How to Keep
You and Your
Baby Healthy
and Safe*

What is Lead Poisoning



Lead is a metal found in nature and is used for many purposes. Lead is harmful when you eat items with lead or breathe leaded dust.

Sources of Lead

- **Lead-Based Paint:** chipping or peeling paint and dust from homes or buildings built before 1978
- **Water:** older plumbing with lead pipes or pipes with leaded solder joints
- **Food:** stored in containers that contain lead
- **Soil:** contaminated with lead by chipping or peeling paint outside of home or from mining activities
- **Work:** leaded dust may be on work clothes or hair and brought home
- **Hobbies:** gun reloading, target practice, ceramics, refinishing furniture, stained glass and fishing weights
- **Home or folk remedies:** azarcon, greta, kohl and pay-loo-ah



Effects of Lead Poisoning



Lead can cause serious health effects to pregnant women and their unborn children.

Lead can cause

- Damage to the brain, nervous system, kidneys and hearing of the unborn child
- High blood pressure
- Digestive problems
- Nerve disorders
- Miscarriage
- Difficult to become pregnant
- Low birth-weight baby
- Memory Loss
- Difficult to concentrate
- Muscle and Joint Pain

Preventing Lead Poisoning

Lead poisoning is common and can be prevented.

What you can do

- See a **doctor** for a blood lead test
- Have paint, soil or water **tested** for lead
- Eat a **diet** high in Calcium, Iron, Vitamin C and avoid fatty foods
- **Wash** your hands often
- Cover chipping or flaking **paint**
- **Don't** remove any paint when remodeling your home or refinishing old furniture
- If you or a family member has a **job** that involves lead, change clothes and shower before coming home
- Use a wet cloth or mop and warm, soapy water to **clean** painted surfaces,

