

## 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 can tell 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://health.utah.gov/epi/index.html>
- Utah Department of Air Quality  
[www.airquality.utah.gov/HAPS/lead/index.htm](http://www.airquality.utah.gov/HAPS/lead/index.htm)
- Centers for Disease Control and Prevention (CDC)  
[www.cdc.gov/nceh/lead/lead.htm](http://www.cdc.gov/nceh/lead/lead.htm)
- U.S. Environmental Protection Agency  
[www.epa.gov/lead](http://www.epa.gov/lead)



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

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## PREGNANCY AND LEAD POISONING



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## 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 in leaded dust.

## Effects of Lead Poisoning



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

## Preventing Lead Poisoning

*Lead* poisoning is common and can be prevented.

### 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



### 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

### 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, floors, and rinse often

