

Tips to help you protect your baby from lead during pregnancy

Clean When You See Paint Dust or Chips



Dust and chipping paint in your home can have lead in it. Wash all painted surfaces, floors, and dusty areas with a wet mop or wet cloth. Use warm soapy water and rinse often. Cover shipped paint with contact paper or duct tape. Wear a face mask, if necessary, while cleaning.

Don't Remove Paint in Your Home

Removing lead paint in your home creates dust that can be harmful to you and your baby. Don't remove paint yourself while pregnant. Before having paint removed, call 1-800-942-7424 to find out how to have it done safely.

Wash Your Hands Often

Lead dust found around your house and in soil around your yard can get on your hands. Wear gloves for gardening and yard work, and always wash your hands when done, especially before preparing food and eating.

Avoid Lead in Crafts

Some materials used in crafts contain lead. These include solder, paint, and ceramic glazes. It is best to avoid these materials during pregnancy.



Remove Lead from Work Clothes and Shoes

People who work in plumbing, welding, construction, factory work, repairing radiators, painting and renovating houses should change their clothes before they come home from work. Those clothes should be washed separately from the family laundry.

Eat Healthy Foods

Eat foods that are high in iron. Iron helps to protect your body and your baby's body from the harmful effects of lead. Meats and fish such as liver, beef, pork, chicken, tuna, and sardines contain lots of iron.



Whole foods like lentils, green leafy vegetables, peas, and dried (unsulfured) fruits such as raisins are also high in iron. And some cereals have iron added.

Eat foods that have a lot of calcium. Milk, cheese, yogurt, spinach and kale have the most calcium. Some other good options are orange and grapefruit juices with calcium added.

Avoid fatty foods including fast foods, fried foods, potato chips, pastries, and bacon. Fat lets your body absorb lead faster.

If you have a garden, plant fruits and vegetables at least 3 feet from the outside of your house to avoid getting paint chips in your garden.

Wash fresh fruits and vegetables with cold water before eating or cooking.

Store Food in Plastic or Glass

Crystal, pottery, ceramic, silver or pewter dishes may contain lead. Do not cook, serve or store food and beverages in these containers. Instead, store all food in either glass or clean, environmentally safe plastic. And never store food in cans after they have been opened.



Run Cold Tap Water

Some water pipes are made with lead which can leech into the tap water. Let the **cold** water run from the faucet for at least one minute before drinking or cooking with it. Never use hot tap water for cooking or drinking purposes as it can contain more lead from pipes than cold water.

Seek Early Prenatal Care

Talk to a doctor early in your pregnancy about how to have a safe and healthy pregnancy. Find a doula to assist you.

WHAT IS LEAD POISONING AND HOW CAN IT HARM MY BABY?

If you are exposed to lead while you are pregnant, it can harm both you and your baby. This is called lead poisoning.

HOW CAN MY UNBORN BABY GET POISONED BY LEAD?

You may come in contact with lead every day in your home. Even a small amount of lead can cause serious health problems.

Lead is a metal that has many uses and can be found in many places in and around the home, such as:

- ◆ Peeling and chipping lead paint
- ◆ Dust from lead paint
- ◆ Tap water
- ◆ Soil and dirt in your yard
- ◆ Pottery, crystal, and ceramic dishes

Lead can get into your body when:

- ◆ You breathe dust from lead paint
- ◆ You drink tap water from lead pipes
- ◆ You eat fruits and vegetables that grow in lead-contaminated soil
- ◆ You eat food that has been prepared or stored in dishes or containers made with lead

LEAD POISONING CAN BE PREVENTED!

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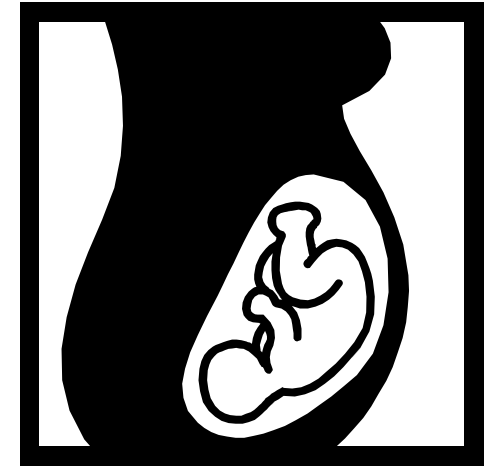


The mission of ICTC is to reduce premature deaths of infants by empowering families to take charge of their prenatal experience, to promote breastfeeding, and to increase the number of maternal and child health care providers, particularly indigenous midwives.

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Healthy Babies are Everyone's Business!

LEAD PREVENTION AWARENESS



TIPS FOR PREGNANT WOMEN & FAMILIES

Provided by the International Center for
Traditional Childbearing