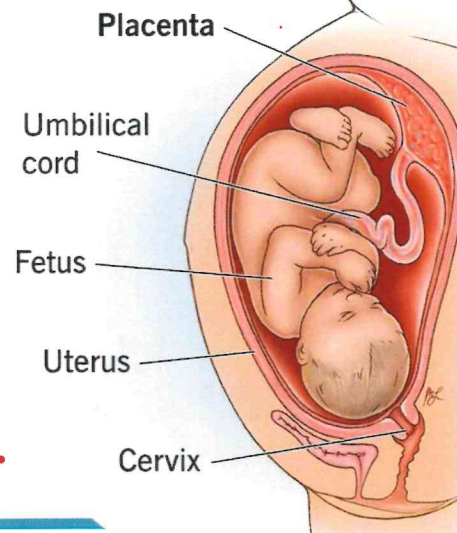




EFFECTS OF LEAD EXPOSURE DURING PREGNANCY

During pregnancy and lactation, present or past lead exposure stored in bones and teeth can be re-released into the bloodstream. Once lead is in the bloodstream it passes through the placenta into the baby's developing bones, brain, and other organs as early as the end of the first trimester. In exposed babies lead can cause slowed growth and development, learning and behavior problems.



A blood lead test can determine how much lead is present in the bloodstream.

DID YOU KNOW?

- ✓ High levels of lead during pregnancy can cause miscarriages, low birth weight, and premature delivery.
- ✓ You should **AVOID** home improvement or renovation projects during pregnancy. Use a Lead CERTIFIED contractor.
- ✓ You should **AVOID** the use of cultural practices, religious powders, imported cosmetics, candy, spices, and ceramic cookware that may contain lead.
- ✓ You should **AVOID** hobbies such as fishing, pottery, jewelry making, and shooting ranges.
- ✓ You should **AVOID** using hot or warm tap water for mixing baby formula, juice, and food preparation.
- ✓ You should **AVOID** eating soil, dirt, earth, and clay. Contact your doctor about cravings.
- ✓ A diet poor in calcium, iron, and vitamin C can be associated with increased amount of lead absorbed into your bloodstream.
- ✓ About 75% of homes built before 1978 contain some lead-based paint. The older the home the more likely it will contain lead-based paint.

CONTACT YOUR LOCAL HEALTH DEPARTMENT ABOUT TESTING THE PAINT AND LEAD DUST IN YOUR HOME.