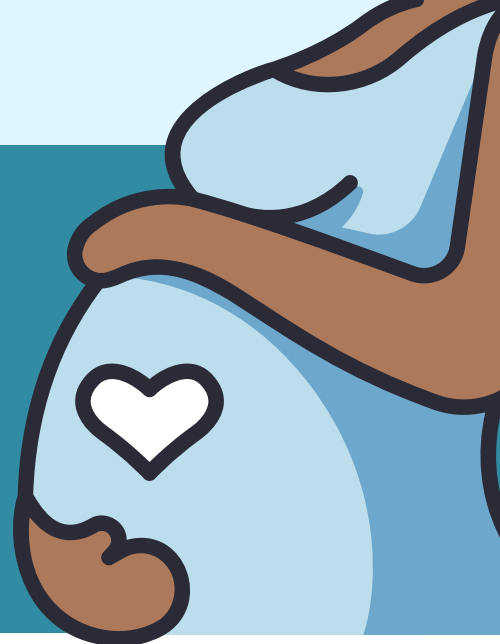
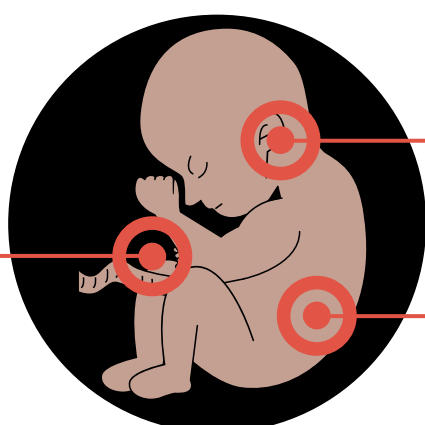


LEAD POISONING PREVENTION DURING PREGNANCY



Lead can be harmful for both the mother and the unborn baby. If the mother is exposed to lead during or before pregnancy, she can pass it on to her unborn baby in the womb. **Lead exposure during pregnancy can cause:**

Increased risk of
stillbirth or
miscarriage



Damage to the
brain and
nervous system

Low birth
weight

FOLLOW THESE SIMPLE STEPS TO KEEP YOU AND YOUR BABY SAFE FROM LEAD:



Wet-wipe and wet-mop floors, windowsills, and around home entrances



Attend all of your regular **prenatal appointments**



Eat a balanced and nutritious diet, full of **iron, calcium, and vitamin C**



Remove your shoes immediately after entering your home



Wash your hands often



Ask any family members that may be **exposed to lead at work** to change right after coming home

There are **things you can avoid doing** to help protect yourself and your unborn baby from the dangerous effects of lead:

- Avoid peeling, chipping paint
- Do not sand paint or remove paint with a heat gun
- Never sweep or dust with a dry cloth or broom
- Avoid remodeling your home while you are pregnant



Ask your doctor to give you a blood lead test if you are pregnant or trying to become pregnant, and may have been exposed to lead.