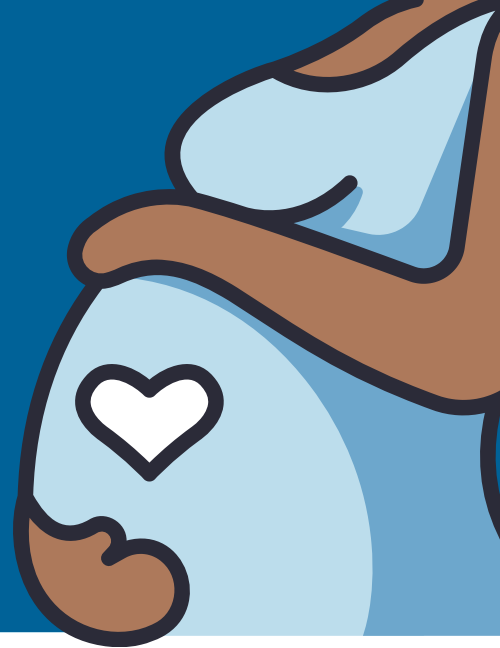
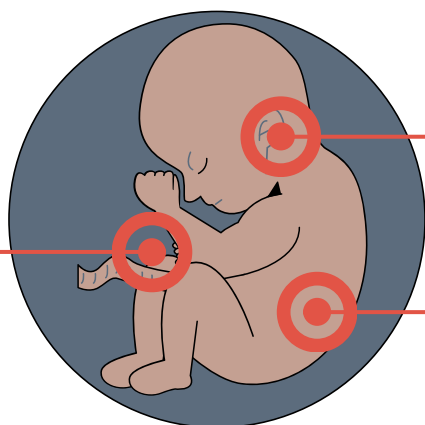


# LEAD POISONING PREVENTION DURING PREGNANCY



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 YOURSELF AND YOUR BABY SAFE FROM LEAD EXPOSURE:



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 do to protect yourself and your baby from the harmful impacts of lead exposure. Follow the tips below to reduce your risk of becoming exposed to 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 health care provider to give you a blood lead test if you are pregnant or trying to become pregnant, and may have been exposed to lead.

For more information about lead and sources of lead in the home, visit [www.vdh.virginia.gov/leadsafe/](http://www.vdh.virginia.gov/leadsafe/)

**VDH** VIRGINIA DEPARTMENT OF HEALTH

  
Virginia Childhood Lead Poisoning Prevention Program