

Lead and Pregnancy

KIDS NEED LEAD SAFE HOMES

When a pregnant woman is exposed to lead, the baby may have problems.

- The mother has a higher chance of miscarriages and stillbirths
- The baby has a higher chance of birth defects
- The baby may be born smaller than normal
- The baby may have learning or behavior problems

PROTECT YOUR BABY

- Run your tap water until you feel a temperature change before drinking the water. Use only the cold tap for cooking and drinking water.
- Wash your hands well before eating or cooking food. This helps prevent lead from getting into your food.
- Eat a well balanced diet high in calcium and iron and low in fatty foods.
- Avoid working with lead.
- Avoid remodeling while you're pregnant.
- Before you take over-the-counter calcium tablets make sure they do not contain lead.
- If your house need to be remodeled you may get a copy of US EPA's book *Reducing Lead Hazards When Remodeling Your Home* when you call the National Lead Center at 1-800-532-3394.
- If you use lead in hobbies, find an alternative to lead.
- Normal dusting and sweeping can stir up dust and may spread lead around the room. Instead, dust and mop with damp paper towels, being sure to change to a clean one often. Occasionally use a simple cleaning solution that helps remove lead. Add 2 tablespoons of TSP, Spic and Span or powdered dishwasher soap with at least 5% phosphates content to 1 gallon of hot water. Wear rubber gloves and follow the manufacturers' safety precautions. Be sure to not put dirty towels in the cleaning water. Rinse with clean water. The more often the windows are opened, the more they need cleaned.
- Avoid vacuuming because it stirs up lead dust. If you do vacuum, do it before you damp clean.
- Do not store food in imported pottery, lead crystal or metal containers.
- If you work in remodeling or renovations, follow OSHA regulations. Change your clothes before coming home. Wash these clothes separately.
- Do not use folk remedies or foreign cosmetics that may contain lead.

**Lead
Safe
Homes**

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