For more information: Call your child's doctor or your local health department.

Division of Environmental Health Children's Environmental Health Branch (888) 774-0071

State of North Carolina Beverly Eaves Perdue, Governor

Department of Environment and Natural Resources Dee Freeman, Secretary









Are You Pregnant?



Protect your baby from lead poisoning.

Protect your baby from lead poisoning.



- Lead poisoning is caused by breathing or swallowing lead.
- Lead can pass from a mother to her unborn baby.
- Ask your medical provider if you are at risk for lead poisoning.
- You may need a blood test to find out if you have lead in your body that could affect your pregnancy.

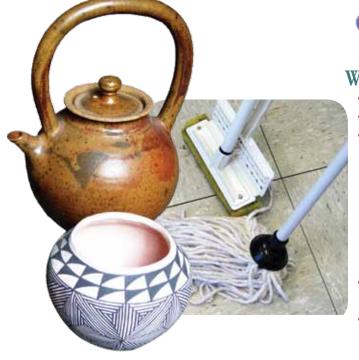
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Why is lead harmful?

- Lead can put you at risk for miscarriage.
- Lead can cause your baby to be born too early or too small.
- Lead can hurt your baby's brain, kidneys and central nervous system.
 - Lead can cause your child to have learning or behavior problems.

Questions? Call (888) 774-0071



Where is lead found?

- Paint and dust in older homes, especially dust from renovation or repairs.
- Candy, make-up, glazed pots and folk medicine made in other countries.
- Worksites involving battery manufacturing, construction, furniture refinishing, automotive repair and plumbing.

• Soil and tap water.



What should I do to avoid lead?

- Avoid lead dust.
- Avoid certain hobbies.
- Furniture refinishing, stained-glass and jewelrymaking may expose you to lead. Avoid using imported ceramic pottery.
 - Do not use dishes that are chipped or cracked.
 - Use caution when eating candies, spices and other foods that have been brought into the country.
- Use a damp cloth to dust, and mop to keep lead dust cleaned up.
- If you are pregnant, do not stay in the house during painting or remodeling of a room with lead paint.

What can I do to protect myself and my baby?

Eat foods high in calcium, iron and vitamin C.



 Calcium: milk, yogurt, cheese and green, leafy vegetables such as spinach.

• Iron:

red meat, beans, iron-fortified

cereals, raisins

and spinach.



Vitamin C:

oranges, green and red peppers, broccoli, tomatoes and vitamin C-fortified fruit juices.

- Talk to your provider about medicines and vitamins.
 - Some home remedies and dietary supplements may have lead in them.
- Tell your provider about any cravings you are having, such as eating dirt or clay, because they may have lead in them.

- Wash your hands, especially before you eat.
 - This will keep lead dust you may have touched from getting into your body.