



Stay Healthy During Pregnancy for Your Baby's Sake...and Yours!

National Lead Awareness Prevention Week: October 2010

Lead can get into your body by swallowing or breathing in. Some sources can include soil, house dust on floors and furniture, paint, and water. Lead swallowed or breathed in causes serious health problems, especially for children 0-6 and unborn.

The lead in your blood stream can pass into your baby's body and cause the baby to have health problems. Even lead you were exposed to as a child may still be stored in your bones and be released into your blood stream during pregnancy.



Lower lead exposure to protect your unborn baby:

Keep lead out of your food.

- Wash your hands and countertops before you prepare food.
- Wash your hands before you eat or serve food.
- Wash vegetables before cooking or eating raw.

Cook, serve, and store food in lead-free containers.

- Use only glazed pottery that is labeled "lead-free" for cooking, serving, or storing food.
- Avoid using Mexican bean pots and other pottery and ceramics for cooking, serving, or storing food. They may contain lead.

Eat foods high in iron, calcium, and zinc.

- Eat foods high in iron (eggs, raisins, greens, beans, peas), calcium (milk, cheese, yogurt) and zinc (lean red meat). These foods may help your body absorb less lead.

Clean your home weekly to keep it as dust-free as possible.

- Clean floors, window sills, doorframes and baseboards with soap and water.
- Place washable doormats or rugs at all entries to the home. Wash doormats and rugs separately from other laundry.
- Wipe feet before entering the house. Leave shoes at the door so dirt and dust that may contain lead will not be tracked into the house.



Do not use home remedies or cosmetics produced outside the United States. Avoid using Azarcon or Greta.

Do you plan to have a baby?

Talk to your health care provider about getting your blood tested for lead.

Lead Poisoning is Preventable!

Talk to your local Health District for tips on making your home *lead-safe!*

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Public Health



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