



KEEPING MOM & BABY SAFE

FROM LEAD DURING PREGNANCY



Lead poisoning can be a serious concern, especially for an unborn baby. If you have been exposed to lead during your pregnancy or were exposed to lead in the past, the lead in your body can be passed through the placenta and harm your unborn child.

Breathing in or swallowing lead dust is the most common way to get lead into your body. This can happen if you are working around lead, remodeling an older home, or putting things that could contain lead in your mouth.

There are steps you can take to reduce the risk of lead in your home and other places where you and your baby will spend time once you bring him or her home. It is also very important to stay away from lead while you are pregnant.

DO



VISIT YOUR DOCTOR

Talk to your doctor about any recent or previous lead exposures.



GET A BLOOD LEAD TEST

The only way to know if you have lead in your blood is through a simple blood test.



EAT A HEALTHY DIET

Eating a healthy diet is important. Eat a variety of foods rich in calcium, iron, and vitamin C.



PROTECT YOURSELF AND YOUR BABY

If someone in your household works with lead, be sure they shower and change clothes before entering the home to avoid 'take home lead'.



KEEP YOUR HOME FREE FROM DUST

Clean windowsills and flat surfaces using wet cleaning methods to minimize house dust that could contain lead, especially in older homes.

DON'T



USE HOME REMEDIES

Some home remedies, cosmetics and food items, such as some spices and candies have been found to contain lead.



USE IMPORTED ITEMS

Some imported pottery or ceramic ware may use lead-based paints or glazes. Do not cook, serve, or store food or drinks in these items.



EAT NON-FOOD ITEMS

Never eat or chew on non-food items such as dirt, pottery, clay, or keys. These may contain lead.



CLEAN UP LEAD

Do not attempt to clean up lead yourself. Do not clean lead dust or try to scrape old lead paint yourself. Have someone else clean up lead. Be sure to use lead-safe practices.



TAKE HOME LEAD

If someone in your household uses or works with lead, lead dust may be carried home on their clothing, shoes, hats, or can be on car interiors, cell phones, keys, etc. Be careful of 'take home' lead.

Lead exposure can cause your baby to be born too early and too small, as well as harm your baby's kidneys, brain, nervous system and other organs.

For more information and resources, contact the Oklahoma Lead Poisoning Prevention Program (405) 426-8311 | Oklppp@health.ok.gov

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Lead Poisoning Prevention