

## Are You Pregnant?

### Prevent Lead Poisoning. Start Now.

Lead poisoning is caused by breathing or swallowing lead. Lead can pass from a mother to her unborn baby.

#### Too much lead in your body can:

- Put you at risk of miscarriage
- Cause your baby to be born too early or too small
- Hurt your baby's brain, kidneys, and nervous system
- Cause your child to have learning or behavior problems

#### Lead can be found in:

- Paint and dust in older homes, especially dust from renovation or repairs
- Candy, make up, glazed pots, and folk medicine made in other countries
- Work like auto refinishing, construction, and plumbing
- Soil and tap water

**Contact your local health department to learn more.**



**Now is the time to keep your baby safe from lead poisoning.  
Here's what you can do:**

**1**

**Watch out for lead in your home.**

Most lead comes from paint in older homes. When old paint cracks and peels, it makes dangerous dust. The dust is so small you cannot see it. You can breathe in lead dust and not even know it.

Home repairs like sanding or scraping paint can make dangerous lead dust. Pregnant women should not be in the house during cleaning, painting, or remodeling a room with lead paint.

**Tip:** If you live in an older home, have your home inspected by a licensed lead inspector.

**2**

**Eat foods with calcium, iron and vitamin C.**

These foods may help protect you and your unborn baby.

- **Calcium** is in milk, yogurt, cheese, and green leafy vegetables like spinach.
- **Iron** is in lean red meat, beans, cereals, and spinach.
- **Vitamin C** is in oranges, green and red peppers, broccoli, tomatoes, and juices.

**3**

**Talk to your doctor.**

Talk to your doctor about any medicines or vitamins you are taking. Some home remedies and dietary supplements have lead in them. It is important that you tell your doctor about any cravings you are having such as eating dirt or clay.

**Contact us for more information:**

Colts Neck Health Department  
124 Cedar Drive  
Colts Neck, NJ 07722  
Phone: 732-462,5470, x 109  
[www.colts-neck.nj.us](http://www.colts-neck.nj.us)

Distributed by the Colts Neck Health Department collaboration with the Monmouth Public Health Consortium and the Monmouth County Health Department with funding from New Jersey Department of Health

