



WHAT IS LEAD POISONING AND HOW CAN IT HARM MY BABY?

You may come in contact with lead every day in your home. If lead gets into your body, it is a poison that can harm you and your baby.

Even a small amount of lead can cause serious health problems. This is called lead poisoning. Lead poisoning is very dangerous for pregnant women and their babies.

HOW COULD MY BABY GET LEAD POISONED?

If you are exposed to lead while you are pregnant, you and your baby could become lead poisoned.

Lead is a metal that has many uses. Lead can be found in many places in and around your home, such as:

- Peeling and chipping lead paint
- Dust from lead paint
- Tap water
- Soil and dirt in your yard
- Pottery, crystal, and ceramic dishes

Lead can get into your body when:

- You breathe dust from lead paint
- You drink tap water that has lead in it
- You eat fruits or vegetables that have lead on them from the soil
- You eat food that has been prepared or stored in dishes made with lead

NUTRITION RESOURCES

Expanded Food and Nutrition Education Program, 401-277-5270

Provides nutrition education for adults and youth through small groups and home visits.

WIC, 401-222-5960

Provides nutritious foods to pregnant women, women who are breastfeeding, and children under five years old.



PREVENT LEAD POISONING IN YOUNG CHILDREN

**FOR MORE INFORMATION, CALL
THE HEALTH INFORMATION
LINE AT 401-222-5960 OR VISIT
WWW.HEALTH.RI.GOV/LEAD**



TIPS FOR PREGNANT WOMEN

PREVENT LEAD POISONING IN YOUNG CHILDREN



PROTECT YOUR BABY FROM LEAD WHILE YOU ARE PREGNANT



CLEAN YOUR HOME WHEN YOU SEE DUST OR CHIPPING PAINT

Dust and chipping paint in your home can have lead in it. Wash all painted surfaces, floors, and dusty areas with a wet mop or wet cloth. Use warm soapy

water and rinse often. Cover chipped paint with contact paper or duct tape.

DON'T REMOVE PAINT IN YOUR HOME

Removing lead paint in your home creates dust that can harm you and your baby. Don't remove paint yourself while you are pregnant. Before having paint removed, call 401-222-5960 to find out how to do it safely.

REMOVE LEAD FROM WORK CLOTHES AND SHOES

People who work in plumbing, welding, construction, factory work, repairing radiators, painting, or renovating houses should change their clothes and shoes before they come home from work. They should wash their clothes separately from the rest of the family.



AVOID LEAD IN CRAFTS

Some materials used in crafts contain lead. These include solder, paint, and ceramic glazes. Avoid these materials while you are pregnant.

EAT HEALTHY FOODS

- Eat foods that have a lot of iron. Iron helps protect your body and your baby's body from lead. Meats and fish, such as liver, beef, pork, chicken, tuna, and sardines, have a lot of iron. Lentils, beans, green leafy vegetables, peas, and dried fruit, such as raisins, also have iron. Some cereals have added iron.
- Eat foods that have a lot of calcium. Milk, cheese, and yogurt have the most calcium. Vegetables, such as spinach and kale, also have calcium. Some other foods have added calcium, such as orange juice and grapefruit juice.
- Avoid fatty foods. Fat makes your body absorb lead faster. Fried foods, potato chips, pastries, and bacon have a lot of fat.
- If you have a garden, plant fruits and vegetables at least three feet from the outside walls of your house to avoid getting paint chips in your garden.
- Wash fresh fruits and vegetables with cold water before eating or cooking.
- The WIC Program provides healthy foods for pregnant women. Call the HEALTH Information Line at 401-222-5960 to find out more about WIC and the foods you should eat while you are pregnant.



WASH YOUR HANDS OFTEN

Lead dust found around your house and in soil around your yard can get on your hands. Wear gloves for gardening and working in the yard and wash your hands when you are done. Always wash your hands before preparing and eating food.



STORE FOOD IN CLEAN PLASTIC OR GLASS CONTAINERS

Crystal, pottery, ceramic, silver, or pewter dishes may contain lead. Do not cook, serve, or store food and drinks in these containers. Store all food in clean plastic or glass containers. Do not store food in cans after they are opened.

RUN COLD TAP WATER FOR AT LEAST ONE MINUTE BEFORE DRINKING AND COOKING

Some water pipes are made with lead, which can get into tap water. Let the **cold** water run from the faucet for at least one minute before drinking it or cooking with it. Never use hot tap water for cooking or drinking because it can have more lead in it from the pipes.

SEEK EARLY PRENATAL CARE

Talk to a doctor early in your pregnancy about the things you can do to have a healthy and safe pregnancy.



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