

PROTECT YOUR PREGNANCY



DO:
A CHECKLIST FOR EXPECTANT MOMS ▶
KNOW
HOW CAN YOU BE EXPOSED ▶
HOW LEAD AFFECTS YOUR PREGNANCY ▶
WHAT TO LOOK FOR IN YOUR HOME ▶
HOW TO PREPARE THE NURSERY ▶

If your home or workplace was built before 1978, you should learn more about protecting yourself and your baby from the dangers of lead.

FACT 1: Protecting yourself and your baby may be as simple as testing your home.

FACT 2: Prevention begins with a healthy diet rich in calcium, iron, zinc and vitamin C.

FACT 3: Stay away from folk medicines like Greta or Azarcon or cosmetics like Kohl and Surma, which are known to contain lead.

GET: GUIDES TO PROTECT YOUR FAMILY FROM LEAD.



FIND: HOME ASSESSMENT HELP



FAQs

Q. Should I get tested?

A. Not all pregnant women need to get tested. The best thing you can do is talk to your doctor.

Q. How do I know if I'm at risk?

A. Women at greatest risk are those who might be exposed to lead in the workplace, women engaged in specific crafts, and women renovating or living in older homes with crumbling or peeling lead-based paint.

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HOTLINE

1-800-424-LEAD
(5323)

FOR MORE INFORMATION

TELL YOUR STORY ON FACEBOOK



FIND THE DANGER ZONES
IN YOUR HOME

