

## PROTECT YOUR PREGNANCY

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# A checklist for expectant moms

### Have your home tested

Most lead exposure comes from paint in older homes. When old paint cracks and peels, it creates dangerous dust. Just a tiny amount of lead dust is enough to harm a child. The best way to know if you have a lead hazard is to have your home tested by a certified lead inspector or risk assessor.

### Take care if you are renovating

Home repairs like sanding or scraping paint can create dangerous dust. Be sure to hire a contractor who is certified by EPA or your state, and trained in lead-safe work practices. If someone in your family is doing repairs, be sure to see the guidelines for do-it-yourselfers. If you can, consider moving to another location temporarily while work is being done.

If you have old lead paint in your home, make sure it is well maintained and painted over with new paint, and take steps to keep the area clean and dust-free.

### Talk to your doctor

Talk to your doctor about any medicines or vitamins you are taking. Some folk remedies and dietary supplements may have lead in them. It is also important to tell your doctor about any unusual symptoms you may have, such as the craving to eat dirt or clay, because they may contain lead.

### Avoid certain jobs or hobbies

If any of your family members work in construction or home renovation/repair in older homes, battery manufacturing or recycling, mining/smelting or refinishing old furniture, have them change into clean clothing before coming home.

Some hobbies that use lead include hunting, fishing, stained glass making, working on stock cars and making pottery. Keep work shoes outside and wash all work clothes separately from the rest of the family's clothes. Keep hobby materials away from the living areas.

### Eat foods with calcium, iron and vitamin C

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.

### Avoid folk remedies and cosmetics

Greta and Azarcon, for example, are two remedies used to treat an upset stomach. Both contain lead. Common cosmetics like Kohl and Surma are also known to contain lead.

### Avoid other household items that may contain lead

Some dishes may contain lead. It is important to store and serve your food properly. Do not use dishes that are chipped or cracked.

Avoid using imported lead-glazed ceramic pottery.

Avoid using pewter or brass containers or utensils to cook, serve or store food.

Avoid using leaded crystal to serve or store beverages.

**GET: GUIDES TO PROTECTING YOUR FAMILY FROM LEAD**



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**1-800-424-LEAD**  
(5323)

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