

Pregnancy, Lead and Your Baby

What You Need to Know



Ohio Department of Health
Bureau of Child and Family Health Services
Childhood Lead Poisoning Prevention Program

246 N. High Street

Columbus, Ohio 43215

(614) 466-5332

1-877-LEAD-SAFE

<http://www.odh.ohio.gov>

bcfhs@odh.ohio.gov

What kind of problems can happen with lead?

Lead poisoned children and babies may have:

- Problems with learning
- Lowered attention span
- Hyperactivity
- Hearing loss



Your child could be affected even if you are exposed to lead while you are pregnant.

Also, you could have a higher than normal chance of having a baby born too soon or having a miscarriage, if exposed to lead during pregnancy.



Lead is found in:

- Paint and paint dust in homes and furniture built before 1978
- Soil or dirt
- Some children's toys and jewelry
- Some jobs (painters and welders) and hobbies (stained glass, casting fishing sinkers)
- Some folk remedies and cosmetics
- Ceramics and crystal
- Water



Prenatal Risk Assessment

Ask yourself these questions to see if you, your baby or your children are at risk:

- | | YES | NO |
|---|--------------------------|--------------------------|
| ① Do you live in or regularly visit an old house (built before 1978) with ongoing renovations that generate a lot of dust (e. g. sanding, scraping)? | <input type="checkbox"/> | <input type="checkbox"/> |
| ② Do you live in or regularly visit an old house (built before 1950) that has peeling, chipping, dusting or chalking paint? | <input type="checkbox"/> | <input type="checkbox"/> |
| ③ Do you have children in the household with lead poisoning? | <input type="checkbox"/> | <input type="checkbox"/> |
| ④ Do you have a history of lead poisoning? | <input type="checkbox"/> | <input type="checkbox"/> |
| ⑤ To your knowledge, has your water been tested for lead, and if so, were you told the level was high? | <input type="checkbox"/> | <input type="checkbox"/> |
| ⑥ Sometimes pregnant women have the urge to eat things that are not food such as clay, soil, plaster or paint chips.
Do you ever eat or chew on non-food items?
(If yes, discuss with your doctor) | <input type="checkbox"/> | <input type="checkbox"/> |
| ⑦ Do you use homemade pottery or leaded crystal? | <input type="checkbox"/> | <input type="checkbox"/> |
| ⑧ Do you or others in your household have an occupation (see <i>below</i>) involving lead exposure? | <input type="checkbox"/> | <input type="checkbox"/> |

Lead abatement	Use of lead-based paints	Home renovation/ restoration	Metal scrap yards/ other recycling
Manufacturing/ installation of plumbing components	Brass/copper foundry	Glass recycling, including stained glass	Occupations using firearms
Firing range work	Pottery making	Production/ use of chemical preparations	Bridge, tunnel and elevated highway construction
Motor vehicle parts and accessories	Automotive repair shops	Industrial machinery manufacturing	Battery manufacturing/ repair

- | | | |
|--|--------------------------|--------------------------|
| ⑨ Do you use any traditional folk remedies or cosmetics (see below) that are not sold in a regular drug store or are homemade, which may contain lead? | <input type="checkbox"/> | <input type="checkbox"/> |
|--|--------------------------|--------------------------|

Alkohol (<i>kohl, surma</i>)	Azarcon (<i>reuda, liga, coral, alarcon, maria luisa</i>)	Bali goli
Ghazard	Greta	Pay-loo-ah

Questions for Lead

⑩ Do you or others in your household have any hobbies or activities likely to cause lead exposure (*see below*)?

YES

NO

Scraping, sanding or burning lead-based paint on household structures or furniture

Making or painting on stained glass

Copper enameling

Bronze casting

Making pottery/ceramic ware with lead glazes/paints

Casting ammunition, fishing weights or lead figurines

Collecting, painting or playing games with lead figurines

Jewelry making lead solder

Electronics with lead solder

Print making (using lead white, flake white and chrome yellow pigments)

Liquor distillation

Hunting and target shooting

Yes response = please refer patient to one of the Ohio Lead Regional Resource Centers (RRCs) for education.

- Northwest RRC** = 1-800-698-3691
- Southwest RRC** = 1-800-957-3810
- Southeast RRC** = 740-454-9741
- Eastern Ohio RRC** = 1-866-887-6779 ext. 138

If you answered, “yes” to any of these questions, get a blood lead test for your child right away.

Unless there are symptoms, pregnant women don’t have their blood tested for lead. This is because while pregnant, blood tests may not be accurate and there is no treatment for high levels.



Preventing Lead Poisoning

Do these things:

- Eat healthy, well-balanced meals
 - Some examples are:
Milk, meat, cereal, beans,
peas, spinach, cheese,
cooked greens
- Wash hands well and often
- Keep your house clean
 - Wash floors and window sills often
 - Damp dust
- Keep regular prenatal doctor visits
- Protect yourself if your job exposes you to lead



- Leave your shoes at the door
- Avoid peeling, chipping paint
 - Do not sand paint
 - Avoid remodeling and lead paint removal
 - Do not use a heat gun to remove old paint

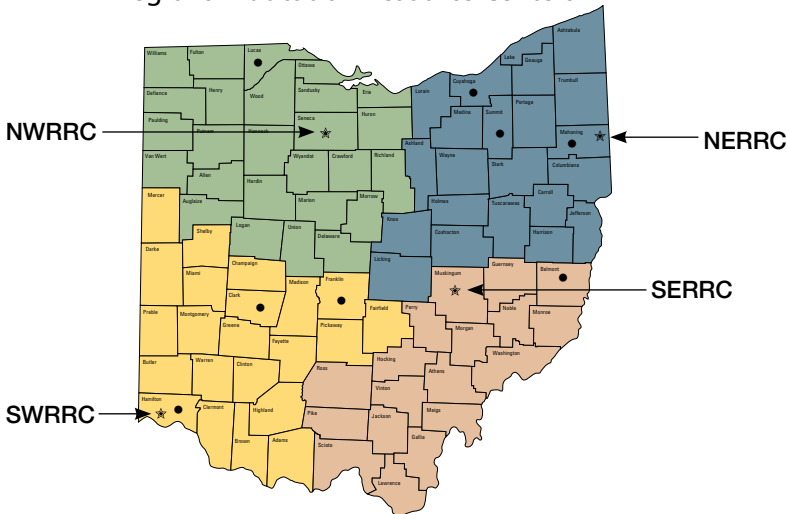
- Never sweep or dust with dry cloth
- Never put non-food items in your mouth (sometimes pregnant women may have an urge to eat things that are not food). If you have the urge to eat non-food items, discuss this with your doctor.

- Some examples are:

- Corn starch
- Crushed pottery
- Dirt



• **Childhood Lead Poisoning Prevention Program**
 ☆ **Regional Education Resource Centers**



☆ **NWRRC**

Northwest Regional Resource Center
Seneca County General Health District
 71 S. Washington Street, Suite 1102
 Tiffin, Ohio 44883
 phone: (800) 698-3691
 fax: (419) 447-0872

☆ **SWRRC**

Southwest Regional Resource Center
Cincinnati Department of Health
 3301 Beekman St
 Cincinnati, Ohio 45225
 phone: 800-957-3810
 fax: (513) 357-7432

☆ **SERRC**

Southeast Regional Resource Center
Zanesville-Muskingum County Health Department
 205 N. Seventh Street
 Zanesville, Ohio 43701
 phone: (866) 681-3962
 fax: (740) 455-6726

☆ **NERRC**

Northwest Regional Resource Center
Mahoning County Board of Health
 50 Westchester Drive
 Youngstown, Ohio 44515
 phone: (866) 887-6779 ext. 138
 fax: (330) 270-9194

● **CLPPP**

Ohio Department of Health
Childhood Lead Poisoning Prevention Program
 246 N. High Street
 Columbus, Ohio 43215
 phone: (216) 728-9454
 fax: (216) 728-6793

● **CLPPP**

Childhood Lead Poisoning Prevention Program
Akron City Health Department
 146 S. High Street, Suite 800
 Akron, Ohio 44308
 phone: (330) 375-2077
 fax: (330) 375-2655

● **CLPPP**

Childhood Lead Poisoning Prevention Program
Belmont County Health Department
 68501 Bannock Rd
 St. Clairsville, Ohio 43950
 Phone: (740) 695-1202
 Fax: (740) 695-8890

● **CLPPP**

Childhood Lead Poisoning Prevention Program
Cincinnati Department of Health
 3301 Beekman St
 Cincinnati, Ohio 45225
 phone: (513) 357-7368
 fax: (513) 357-7205

● **CLPPP**

Childhood Lead Poisoning Prevention Program
Clark County Combined Health District
 529 E. Home Road
 Springfield, Ohio 45503
 phone: (937) 390-5600
 fax: (937) 390-5625

● **CLPPP**

Childhood Lead Poisoning Prevention Program
Cleveland Department of Public Health
 75 Erieview Plaza 3rd floor
 Cleveland, Ohio 44114
 phone: (216) 664-2175
 fax: (216) 664-3353

● **CLPPP**

Childhood Lead Poisoning Prevention Program
Columbus City Health Department
 240 Parsons Avenue
 Columbus, Ohio 43215
 phone: (614) 645-6197
 fax: (614) 645-715

● **CLPPP**

Childhood Lead Poisoning Prevention Program
Mahoning County Board of Health
 50 Westchester Drive
 Youngstown, Ohio 44515
 phone: (330) 270-2855 ext. 142
 fax: (330) 270-9194

● **CLPPP**

Childhood Lead Poisoning Prevention Program
Toledo Lucas County Health Department
 635 Erie Street
 Toledo, Ohio 43624
 phone: (419) 213-4109
 fax: (419) 213-4141