



## Alameda County Lead Poisoning Prevention Program

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[www.aclppp.org](http://www.aclppp.org)

# A Key to Healthy Housing

## PREGNANCY AND LEAD

If you are pregnant and have been exposed to lead you are at risk of transferring that lead to your baby starting in the 12<sup>th</sup> week of pregnancy. Exposure to lead puts you and your baby at risk for brain damage, high blood pressure, low birth weight, miscarriage and life-long learning and behavior problems. Lead can also affect a man's sperm and cause infertility. If you are pregnant or thinking about getting pregnant, you can take steps to protect yourself and your family from lead poisoning.

### WHAT IS MY RISK OF LEAD POISONING?

If you answer "yes" to **any** of the following questions, ask your doctor about a lead test.

- Do you live in a home or apartment built before 1978? Is there chipping and peeling paint? Have there been recent home improvements or repairs? Have you been sanding and painting the baby's room?
- Have you ever lived in another country?
- Do you use medicines, cosmetics, or spices from another country?
- Do you or someone with whom you live have a job or hobby that could bring you into contact with lead?
- Do you use painted or glazed china or pottery that is old or was made in another country?
- Have you ever eaten or chewed crushed pottery, soil, paint chips, clay, or other things that are not food?

### MORE RESOURCES:

**Alameda County Lead  
Poisoning Prevention  
Program**  
[www.aclppp.org](http://www.aclppp.org)

**Consumer Product Safety  
Commission**  
[www.cpsc.gov](http://www.cpsc.gov)

**Center for Environmental  
Health**  
[www.ceh.org/what-we-  
do/eliminating-toxics](http://www.ceh.org/what-we-do/eliminating-toxics)

Lead test kits are available at  
local hardware stores and  
online retailers.

### *How to Protect Yourself and Your Baby from Lead*



- Ask your doctor about lead tests for you and your family. A blood test is the only way to know how much lead is in your body.
- Make sure all paint-disturbing work in pre-1978 homes is done with lead-safe methods. Stay away from any repair work until the area is cleaned properly.
- Use lead-free dishes and pots for cooking and serving food.
- Avoid using traditional and ayurvedic medicines that often contain lead (azarcon, greta, ghasard, ba-baw-san, daw tway, paylooah, sikor and calabash chalk).
- Avoid using imported cosmetics (kohl, surma, kajal, ghasard, bala goli, kandu, kajal and sindoor).
- Avoid candy or spices from other countries. Find information about imported lead-safe candy at [www.leadinmexicancandy.org](http://www.leadinmexicancandy.org).
- Be extra careful if your family has jobs or hobbies that involve working with lead. Wash hands before eating, do not eat in work areas and change out of work clothes and leave shoes at the door.