

## Lead poisoning prevention

Lead is a poison that can cause brain damage and health problems. Lead can cause high blood pressure in pregnant women. Lead can also cause your baby to be born too small or too early.

If you have lead in your body, it can be passed to your baby during pregnancy. Even a small amount of lead can cause problems with growth, behavior, and your child's ability to learn.

Lead is found in paint, dust and dirt in and around homes built before 1978. Lead also can be found in household plumbing, home remedies, ceramics or pottery, and certain jobs or hobbies.

Use the following checklist to protect yourself and your baby from lead poisoning:

### **Reduce the risk from lead paint in homes and apartments built before 1978.**

- Keep paint in good condition.
- Lead-safe work methods should be used for renovations, repairs and painting projects.
- You and your baby should stay away from any remodeling, repair or paint preparation work being done in your home until the area has been completely cleaned.

### **Keep your home free of lead dust and dirt.**

- Clean or remove shoes before entering the home.
- Do not bring lead dust from hobbies or work into your home.

### **Protect yourself and your baby from lead.**

- Do not use home remedies or cosmetics that may contain lead.



- Do not use imported, old or handmade pottery to cook, store or serve food or drinks.
- Run water until it is cold for drinking, cooking and making baby formula.
- Don't eat or chew things that could have lead in them, such as clay, pottery, soil or paint chips.
- Be careful with jobs or hobbies that involve lead, such as repairing or painting older homes, furniture refinishing or stained glass work. Wash your hands before eating, and don't eat in the work or hobby area.
- Eat foods rich in calcium, iron, and vitamin C to protect yourself from lead.

**If you think that you or your baby are at risk for lead poisoning, ask your health care provider about a lead test.**

For more information

#### **LeadLine**

1-800-368-5060,  
Portland metro area: 503-988-4000

#### **Oregon Lead Poisoning Prevention Program**

[www.healthoregon.org/lead](http://www.healthoregon.org/lead)  
971-673-0440