

FOR MORE INFORMATION Contact your child's doctor or your local health department. A list of health departments by county is at: https://health.mo.gov/living/lpha/lphas.php.

Additional resources are available at the MO Department of Health and Senior Services, Division of Public Health, Environmental Epidemiology, Childhood Lead Poisoning Prevention Program, https://health.mo.gov/living/ environment/lead/index. Phone 1-866-628-9891.



Bureau of Environmental Epidemiology P.O. Box 570 Jefferson City, MO 65102 573-751-6102 or 866-628-9891

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ARE YOU PREGNANT?



Protect your baby from lead poisoning.

TAKE ACTION TO PROTECT YOUR BABY FROM LEAD POISONING





🗸 Wet Clean



Hire a Professional

Eat Healthy Food





Leave Shoes at Door





Use Safe Drinking Water

Have your water tested for lead.

Do not drink, cook, or make baby formula with your tap water if it contains lead.

Reduce levels of lead in your water by flushing pipes after six hours of nonuse and always use cold water for drinking, cooking, and making formulas and juices.





- Lead is a metal that can pass from a mother to her unborn baby.
- Even a little lead can affect your baby's growth. It can also hurt your baby's brain and kidneys.
- Lead can cause your baby to be born too early and too small.
- Lead poisoning is caused by breathing or swallowing lead dust.
- Ask your medical provider if you or your baby are at risk for lead poisoning.
- You should have a blood test to find out if you have lead in your body that could affect your pregnancy.
- You may be eligible for free prenatal lead screening. Call your local health department to see if you qualify.



QUESTIONS?

Call 1-866-628-9891 to talk with the Missouri Childhood Lead Poisoning Prevention Program.

PROTECT YOUR BABY BY AVOIDING THESE SOURCES OF LEAD

○ Lead paint outside older homes





🛇 Unsafe home repair





S Imported candy

Vinyl or plastic mini-blinds

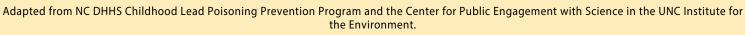
S Lead pipes and drinking water

workers exposed to lead



🛇 Lead-glazed pottery





RISKS FOR PREGNANT WOMEN

- You may be at higher risk of having lead in your blood if you:
- ► Have a job or live with someone who works in battery recycling, construction, painting, mining, or manufacturing.
- Use imported <u>spices</u> that may contain lead.



- Use items for worship that may contain lead such as:
- eye make-up such as kohl, kajal, al-Kahal, surma, tiro, tozali, and kwalli
- kumkum
- sindoor
- Have the eating disorder called <u>pica</u> (eating non-food items that may contain lead such as paint chips, clay, soil, or pottery)
- Use <u>herbal drinks and teas</u> and some home remedies such as:
- Azarcon
 Ba-Baw-San
- Daw Tway Daw Kyin
- Ghasard
 Greta
- Paylooahmay
- Have recently come to the U.S. from a country with a lot of <u>lead pollution</u> such as Mexico, Ecuador, Bangladesh, Pakistan, or India.