

Are You and Your Baby At-Risk for Lead Poisoning?

- Do you live in or regularly visit a home that was built before 1978?
- Does that home have recent or ongoing renovations or remodeling?
- Do you live with someone whose job or hobby involves lead, like fishing/diving, hunting, or working on cars?
- Does your family use imported pottery or ceramic dishes for cooking, eating or drinking?
- Do you use folk remedies or cosmetics that may contain lead?

If you have answered "yes" to any of the above questions, you may be exposing yourself and your baby to lead.

Talk to your doctor about a blood lead test.



**FOR MORE INFORMATION
CALL: (808) 733-9069**



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HAWAII DEPARTMENT OF HEALTH

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Lead is Poisonous



**Protect
Yourself from
Lead Poisoning
and Give
Your Baby a
Healthy Beginning**

Lead is Poisonous

Ways To Reduce Lead Exposure

Lead is harmful to you and your baby. You can swallow or breathe lead in without even knowing it. Often you may not even feel sick, but if you are pregnant, you can pass it on to your baby.



Exposing baby to lead may cause:

- Baby to be born too early
- Baby to be born too small and have low birth weight
- Learning and behavior problems that can last a lifetime
- A miscarriage or stillbirth
- Hearing and other problems



Eat Healthy:

- Eat foods high in **vitamin C** (fruits, tomatoes, cabbage), **iron** (spinach, raisins, meat without fat), and **calcium** (milk, cheese, yogurt, broccoli, tofu).
- Run your cold water at least 30 seconds if the tap has not been used for more than 6 hours.
- If you need hot water for drinking, cooking or making baby's formula, heat cold water. **Do not** use hot water from the tap.



Handle Foods Safely:

- Do not store foods in open cans.
- Be sure your pottery, ceramics, dishes and glasses/cups do not have lead in them.



Minimize Dust:

- Stay away from areas where home construction is being done. Lead dust from renovations can poison you and your baby.
- Wet-mop floors and wet wipe windowsills and other areas using soap and water. Dry dusting will scatter dust into the air.
- Wash your hands thoroughly after cleaning.



Reduce Risk if Someone in Your House Works with Lead (like working on cars, making fishing weights, making stained glass)

- Choose your hobbies carefully; avoid those that use lead
- Make sure the person who works with lead showers and/or changes clothes before going into the house
- Wash their clothes separately from the rest of the family

Protect Yourself at Work:

- If your job exposes you to lead, talk with your supervisor and doctor right away if you are pregnant or planning to be pregnant.