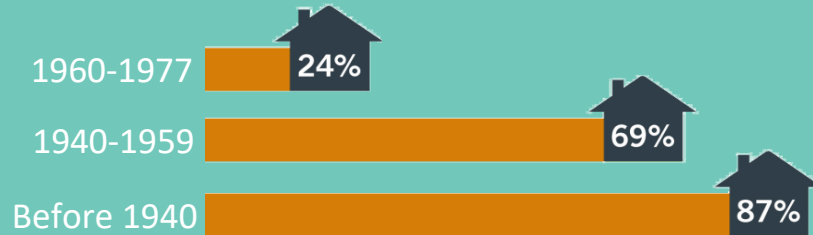


It is important to fix and clean up paint problems now, because **lead can be passed on to your unborn baby and poison your baby once they are in the home.**

% of Homes with Lead Paint by Year Built



Homes built before 1978 may have lead paint. The older the home, the higher the risk. Lead dust can be created when painted surfaces like windows and doors bump or rub together, and when paint cracks, peels, or is disturbed during home repair. **You cannot see or smell lead dust.**

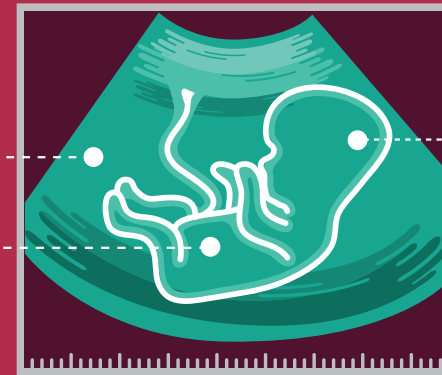
If the paint in your home tests positive for lead or you think it contains lead, call the DOH Lead-Based Paint Program at 808-586-5800 for more information. They can provide advice on **reducing lead hazards** and a list of certified lead-safe consultants and contractors who can **make your home safer** for your growing family.

REMEMBER! If you are pregnant or nursing, do not clean up lead paint or lead dust yourself. Have someone else do it. Be sure lead-safe practices are used, and keep children away.

# LEAD AND PREGNANCY KEEP BABY SAFE

Lead can cause your baby to be born too early or born too small.

Lead can harm your baby's kidneys and other organs.



Lead can harm your baby's brain and nervous system.

Lead poisoning is a serious problem

**If you have lead in your body, it can harm your unborn baby.**

Lead can get into your body by breathing in or swallowing lead dust or putting things that contain lead in your mouth.

Stay away from lead while pregnant. Take steps to minimize the risk of lead in your home and other places your baby will spend time after being born.



## Hawaii Childhood Lead Poisoning Prevention Program

Hawaii State Department of Health

[Lead.hawaii.gov](http://Lead.hawaii.gov)

[doh.lead@doh.hawaii.gov](mailto:doh.lead@doh.hawaii.gov)

808-733-9055





### See your doctor

Tell your doctor of any recent or past exposure to lead. Discuss testing options.



### Check for lead paint

Homes built before 1978 may have lead paint. The older the home, the higher the risk. See back page for more details.



### Eat a healthy diet

Eat a variety of food rich in calcium, iron and vitamin C.



### Keep your home clean

Remove dust on hard floors with a wet mop. Wipe down windowsills with soap and water. Use a HEPA vacuum to clean floors, carpets, rugs, and furniture.



### Protect your baby

If someone uses or works with lead, have them shower and change clothes before entering the home.



### Don't mess with lead

Avoid renovations and repairs that disturb lead paint in older homes unless lead-safe practices are used. Have someone else do the work. Keep children away.



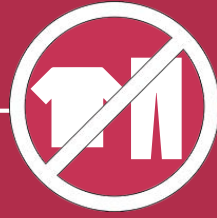
### Don't use foreign products

Traditional remedies, make-up, spices, and food labeled for sale or bought in foreign countries may have high levels of lead.



### Don't eat non-food items

Never eat or chew on clay, dirt, pottery, and other non-food items. These may have lead in them.



### Don't bring lead home

If someone uses or works with lead, lead dust can be carried home on their body and clothes.



### Avoid certain dishware

Old and brightly decorated dishware may contain lead. Do not use it for cooking, serving, or storing food and drinks.