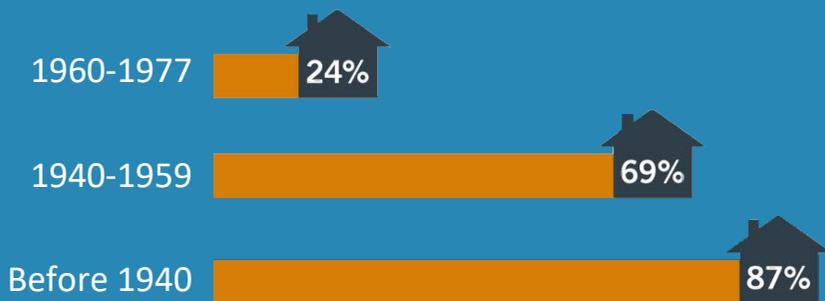


It is important to fix and clean up paint problems now, because **lead can be passed on to your unborn baby and poison your baby once they are in your home.**

# LEAD AND PREGNANCY KEEP BABY SAFE

## % 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 made when painted areas like windows and doors bump or rub together, and when paint cracks, peels, or falls apart.

**You cannot see lead dust.**

If the paint in your home tests positive for lead or you think it might have lead in it, call us for help. We will help you find ways to keep your baby smart, healthy, and lead-free.

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



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

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

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.

## We Are Here to Help!



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

808-733-9012

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





### See your doctor

Tell your doctor of any recent or past exposure to lead. Discuss testing options. Test your baby at 12 months and again at 24 months.



### 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 foods 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

Learn how to keep your baby smart, healthy, and lead-free. Visit [Lead.hawaii.gov](http://Lead.hawaii.gov) to learn easy ways to protect your baby from common sources of lead.



### 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.



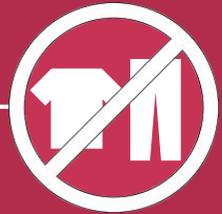
### Don't eat non-food items

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, have them shower and change clothes before entering the home. Don't let anyone make fishing sinkers nearby.



### Avoid things with lead

Things like toys, crayons, and clothes made just for children after 2012 were tested for lead. Anything used or made for adults may have lead in it.

