



Lead Can Harm You and Your Baby

Symptoms of lead poisoning may be similar to those of a normal pregnancy. Take special care to avoid lead during your pregnancy.

- Get early prenatal care and talk to your doctor about your supplements and home remedies.
- Stay away from peeling paint and repair work.
- Eat foods high in Calcium, Iron, and Vitamin C.
- Ask your doctor about getting more Calcium in your diet.
- Wash your hands often.
- Wet mop & clean surfaces in your home that contain dust using disposable wipes and a HEPA vacuum.
- Don't use products and dishes containing lead.
- Be extra careful with hobbies or jobs that involve working with lead.
- If you eat or mouth non-food items, they could have lead in them (ex. paint chips, metal charms). Discuss this behavior with your doctor.

LEAD AND PREGNANCY

Preventing Lead Exposure in Pregnant and Breastfeeding Women

YOUR BABY AND LEAD

Lead can be passed to babies during pregnancy

Lead has a half life in a person's bloodstream of 30 days however, lead can be stored in a person's bones for years. When a woman is pregnant and/or breastfeeding, lead in her body can be passed to her baby from not only recent exposure but, also from exposure that may have occurred months or even years before.

LEAD IN YOUR ENVIRONMENT

Be aware of lead hazards at home and work



- Homes built before 1978 may have lead paint.
- Renovations can produce lead dust.
- Jobs and hobbies like stained glass, painting and fishing can expose you to lead.
- Imported cosmetics, candy, jewelry, medallions and charms may contain lead.
- Home and natural remedies like Azarcon, Bala Goli, Pay-loo-ah, & Ba-baw-san may also contain lead.

PROTECT YOURSELF AND YOUR BABY

Avoid lead when pregnant and breastfeeding

Lead in the blood causes health problems in mothers and babies.

- Ask your doctor for a test if you have been exposed to lead or live in house or apartment building built before 1978.
- Lead can cause high blood pressure in pregnant women.
- Women exposed to lead may experience miscarriage.
- Babies are at risk of being born premature or with a low birth weight.
- Children exposed to lead in the womb are at risk for lower IQ and learning problems.
- If you have an elevated blood lead level, talk to your doctor about breastfeeding.
- Use cold tap water or bottled water to make infant formula
- Get your baby tested for lead at age 1 year and **again** at age 2 years.



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LEAD AND PREGNANCY

More Resources for Pregnant and Breastfeeding Women

Good nutrition is important for reducing the absorption and the effects of lead. Adequate calcium and iron intake, regular meals and healthy snacks are important during pregnancy and breastfeeding.

WIC PROGRAM

Low to moderate-income families with children under the age of 5 years old should be referred to the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) to receive nutritious foods, nutrition education, breast feeding support, and health care referrals.

Eligibility Requirements

Must reside in New Hampshire, be income eligible and be one of the following:

- Pregnant
- Breastfeeding women up to 12 month after the infant's birth
- Non-breastfeeding women up to 6 months after the infants' birth
- Infants, and children up to their 5th birthday

For more information about New Hampshire's WIC Program, parents can call **1-800-WIC-4321**.

MORE RESOURCES

Families can also be referred to community health centers, child health programs in local community agencies (e.g., Visiting Nurse Associations), or other professional and community resources for nutrition education.

For information on local resources, contact the Family Resource Connection at 1-800-298-4321.

Local WIC Agencies

- **Community Action Program Belknap-Merrimack Counties**
WIC and CSFP (Belknap, Coos, Grafton & Merrimack)
603-225-2050 or 1-800-578-2050
<http://www.bm-cap.org/wic.htm>
- **Goodwin Community Health**
WIC and CSFP (Carroll & Strafford)
603-332-4358 or 1-855-332- 4358
<http://goodwinch.org/services/wic>
- **Southwestern Community Services**
WIC and CSFP (Cheshire & Sullivan)
Tel 603-352-7512 or 1-800-529-0005
<http://www.scshehelps.org/wic.htm>
- **Southern New Hampshire Services**
WIC and CSFP (Hillsborough & Rockingham)
1-800-256-9880
<http://www.snhs.org/programs/health-food-nutrition/women-infants-and-children-wic/>

Most children with elevated blood lead levels do not look sick.

The only way to know if your child has an elevation is to get tested.

- NH children are to be tested at ages 1 year and tested **again** at age 2 years old
- Children 3 to 6 years old who have not previously been tested, should be tested.

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