

# PREVENTION WEDNESDAY

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City of Baltimore

Health Department

## Preventing Lead Poisoning During and After Pregnancy

### DID YOU KNOW?

#### In Baltimore City:

- You have the right to live in a lead safe unit.
- Lead abatement assistance and a list of certified contractors are available.
- All children should receive a blood lead test at ages 1 and 2.

### Are you pregnant and at risk for lead poisoning?

#### Do you or a member of your household:

- Work in construction, auto repair, or plumbing?
- Live or spend time in an old house that is being renovated?
- Use medicine or makeup made with kohl or azarcon?
- Make stained glass, pottery or jewelry?
- Ever eat paint chips?
- Serve food in leaded crystal or pottery?

If yes, ask your doctor about a blood lead test or

**GET TESTED FOR FREE at**  
**312 North Charles Street.**  
*No appointment necessary.*

### Prevention at your fingerTIPS:

#### Decrease exposure during pregnancy:

- Tip 1** Call 443-984-2470 for a free lead assessment or referral
- Tip 2** Stay out of the house during home repair or renovation
- Tip 3** Avoid jobs and hobbies that may involve contact with lead, like making pottery or stained glass

**Tip 4** Avoid using clay pots and dishes to cook, serve or store food

**Tip 5** Never eat non-food items such as clay, soil or paint chips

#### Tips to protect your infant:

**Tip 6** Keep child away from peeling paint and use caution during home repairs

**Tip 7** Wash your hands, and your child's, regularly before eating

**Tip 8** Use a wet or damp cloth to clean floors and other surfaces

**Tip 9** Wash clothes separately, if someone in your household works in construction or auto repair

**Tip 10** Get a blood lead test for your child

Call Childhood Lead Poisoning Prevention Program  
443-984-2470 or  
Maryland Department of the Environment  
410-537-4199

## Resources and References

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### **Centers for Disease Control And Prevention Publications**

[http://www.cdc.gov/nceh/lead/publications/pub\\_Reas.htm](http://www.cdc.gov/nceh/lead/publications/pub_Reas.htm)

### **Environmental Protection Agency**

<http://www.epa.gov/lead/>

### **Maryland Department of the Environment**

<http://www.mde.state.md.us/Programs/LandPrograms/LeadCoordination/index.asp>

### **Coalition to End Childhood Lead Poisoning**

<http://www.lead-safe.org/>

### **Lead Poisoning in Baltimore: Health Department Snapshot**

<http://www.ci.baltimore.md.us/government/health/leadstat/LeadSnapshot.pdf>

### **Health Department Lead Testing Flyer**

<http://www.ci.baltimore.md.us/government/health/leadstat/images/LeadTestingFlyer.pdf>

### **New York State Department of Health, Physician's Handbook on Childhood Lead Poisoning Prevention: Lead Poisoning Prevention During Pregnancy**

<http://www.health.state.ny.us/nysdoh/lead/handbook/phc10.htm>

Klitzman S, et al "Lead Poisoning Among Pregnant Women in New York City: Risk Factors and Screening Practices," *Journal of Urban Health* (2002)

Gardella C, "Lead Exposure in Pregnancy: A Review of the Literature and Argument for Routine Prenatal Screening," *Obstetrical and Gynecological Survey* (2001)