

LEAD AND PREGNANCY KEEP BABY SAFE

Lead poisoning is a serious problem, especially for an unborn baby. If you were exposed to lead in the past or exposed to lead now, lead in your body can be passed on to your unborn baby and harm him or her.

The most common way lead gets into the body is by breathing in or swallowing lead dust or putting things that contain lead in your mouth.

It is very important to stay away from lead while pregnant. You can also take steps to minimize the risk of lead in your home and other places your baby will spend time after being born.

DO

DON'T



See your doctor

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



Get tested for lead

A blood lead test is the only way to know if you have lead in your body.



Eat a healthy diet

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



Keep home clean

Clean windowsills and other surfaces using wet methods to minimize house dust.



Protect your baby

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

Use home remedies

Some home remedies, cosmetics, and food items like Mexican candies, and spices may contain lead.



Use imported items

Some imported pottery or ceramic ware may use lead-based paint or glaze. Do not cook, serve, store food or drinks.



Eat non-food items

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



Clean up lead

Do not clean up lead yourself. Have someone else clean up lead. Be sure lead-safe practices are used.



Take home lead

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



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.

For more information and resources, contact the NM Childhood Lead Poisoning Prevention Program

1-833-796-8773 · DOH-CLPPP@doh.nm.gov

<https://NMTracking.doh.nm.gov>

