

Prenatal Lead Exposure Is Preventable

Lead can be passed from a parent to their unborn baby, but it's 100% preventable

When a pregnant person is exposed to lead, it can lead to high blood pressure, the baby coming too early, slowing of the baby's growth, or even miscarriage.

When a baby is exposed to lead before birth, their brain development can be affected. Learn more about exposure risks, and ways to stay safe from lead for both you and your baby.

Lead Risk Assessment: Your provider has specific questions that can help them determine if you are at risk of lead exposure.

Lead poisoning can cause serious problems during pregnancy for you and your unborn baby. Here are some effective tips to help protect against lead poisoning:

- ▶ Eat a balanced diet with calcium-rich and iron-rich foods (e.g., milk, yogurt, beans and lean red meat).
- ▶ Do not eat or put your mouth on nonfood items, such as clay, soil, pottery or paint chips.
- ▶ Avoid areas in the home where renovations/repairs are happening if living in a home built before 1978. Dust created during the work may contain lead.
- ▶ Avoid using products that may contain high levels of lead, such as kohl, kajal, surma, and sindoor.
- ▶ Avoid eating candies, spices and foods purchased in other countries. These items may contain lead.
- ▶ Avoid using imported clay pots and dishes to cook, serve or store food.
- ▶ Do not use pottery that is chipped or cracked.
- ▶ Avoid jobs or hobbies that may involve exposure to lead, such as bridge repair; home painting or renovations; automotive or electronics repair; or working with firearms, jewelry, pottery or stained glass.
- ▶ Once your baby is born, they should be tested for lead exposure annually from 9 to 35 months of age.



Visit www.ct.gov/dph/preventlead for more information.