

PROTECTING YOU AND YOUR CHILD FROM THE HARMFUL EFFECTS OF LEAD

How are pregnant and breastfeeding women exposed to lead?

A mother's lead exposure can cause an elevated blood lead level in the unborn or nursing child.

In Michigan, lead paint and dust are the main sources of lead exposure. It is found in homes built before 1978. The older the home, the more likely that painted surfaces like windows, cupboards, doors and porches will contain lead paint.

Other sources of exposure include soil, drinking water, and jobs and hobbies using lead such as construction and home renovation and ammunition or jewelry making. Some pottery glazes, imported spices and home remedies may also contain lead.



Should I get tested?

Complete the risk assessment (see page 2 of this document) to learn about your risk factors that may indicate the need for blood lead testing. If you answer "yes" or "don't know" to any of the questions, you should talk to your doctor about blood lead testing.

What can I do to protect my child and myself from lead?



- Wash hands, bottles, pacifiers, toys and flat surfaces - like windowsills and tables - often, using soapy water
- Always take off shoes before going into the house.
- If you live in a home that had a water test with high lead levels use water that was put through a lead-reducing filter (or bottled water) for drinking, cooking, and mixing powdered infant formula. Follow manufacturer instructions and never put hot water through the filter.
- Eat foods high in calcium, iron, and vitamin C to limit the amount of lead in your body.
- Consider hiring a certified lead professional to test your home and help with home repairs and renovations in houses built before 1978.

For more information, visit www.Michigan.gov/Lead or call the Childhood Lead Poisoning Prevention Program at 517-335-8885



BLOOD LEAD RISK ASSESSMENT FOR PREGNANT & BREASTFEEDING WOMEN

Routine blood lead testing of all pregnant and breastfeeding women is not recommended. However, all pregnant or breastfeeding women should be assessed for risk of lead exposure using the following questions:

- ◆ Do you live in or regularly visit a home built before 1978 that has had renovations, repair work, or remodeling in the last 12 months?
- ◆ Do you live in or regularly visit a home that had a water test with high lead levels?
- ◆ Have you recently immigrated from or recently lived in an area where environmental lead contamination is high (e.g. Bangladesh, Mexico, India)?
- ◆ Do you use imported home remedies, spices, ceramic pottery or cosmetics?
- ◆ Do you eat, chew on, or mouth nonfood items such as clay, crushed pottery, soil or paint chips?
- ◆ Do you or others in your household have a job that involves possible lead exposure? (e.g. construction, smelting, auto repair)
- ◆ Do you or others in your household have any hobbies or activities that involves possible lead exposure (e.g. working with stained glass, ceramics, jewelry making)?
- ◆ Do you have a history of lead exposure or live with someone who has an elevated blood lead level?

If you answered YES or DON'T KNOW to any of these questions, talk to your doctor about blood lead testing.

To learn more about lead poisoning prevention and blood lead testing, contact the Childhood Lead Poisoning Prevention Program:

517-335-8885 or Michigan.gov/Lead