

GOOD FOOD HELPS TO PREVENT LEAD POISONING

Individuals who eat a healthy diet are more likely to be protected from the harmful effects of lead exposure.

- Use the food guide pyramid to plan a healthy diet.
- Eat lean meat, chicken, dried beans or peas at least 2 times per day.
- Take a prenatal vitamin every day.
- Always wash your fruits and vegetables before eating them.
- Wash your hands well before eating or preparing food.
- Use water from the cold tap only for cooking, drinking, or mixing formula. Let the water run for two minutes in the morning before using it.
- Eat calcium rich foods such as milk, cheese and yogurt.
- Limit high fat foods such as french fries, hot dogs, potato chips, and doughnuts. Bake or broil your foods instead of frying them.
- Eat foods high in iron such as fortified cereals, tuna, lean meats, raisins, or spinach.

THERE IS MORE TO LEARN ABOUT LEAD

Check your home and your water for lead.

- Contact your local Health Department to find out how.

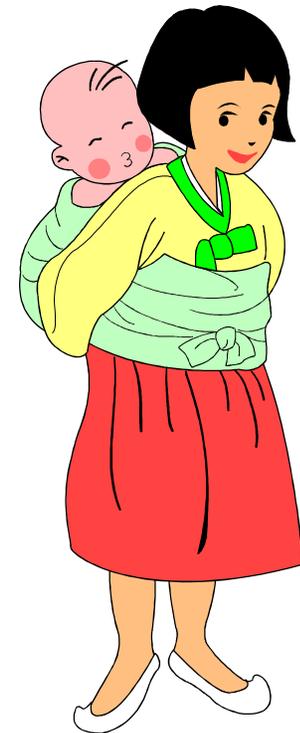
Call your local WIC office.

- They may be able to help you get healthy foods for you and your children.
- Income limits apply, but many working families qualify for the program.
- The program offers nutritional counseling and vouchers for nutritious foods such as milk, eggs and cheese.
- You may be able to have your child tested for lead at WIC.

To obtain more information on lead:

- Contact your local Health Department
- Contact the National Lead Information Center at 1-800-532-3394
- Contact your primary medical provider.

BE LEAD SMART FOR A HEALTHY MOM AND BABY



ARE YOU PREGNANT?



BE LEAD SMART!

Lead is a poison that is found in many homes.

Lead may be found in some:

- Paint
- Dust
- Tap water
- Glazed pottery
- Plastic mini-blinds
- The dirt outside of your home
- Home ethnic remedies

A WOMAN WITH LEAD IN HER BODY MAY GIVE IT TO HER UNBORN BABY

- Babies exposed to lead before birth may be born too early or too small.
- The harm caused by lead may never go away.
- Lead can cause problems that make it hard for your child to learn.
- Lead can cause other health problems also.

DO YOU OR YOUR YOUNG CHILDREN LIVE IN AN OLDER HOME?

- Houses built before 1978 are more likely to have lead paint either on the inside or the outside of the house.
- Lead paint can also be found on older toys or furniture.
- Take your shoes off at the door to prevent tracking in contaminated soil into the house.

LEAD SMART TIPS

While you are pregnant, other members of your household should avoid any activities that may expose you to lead, lead dust, or lead fumes.

- The most important thing you can do to prevent lead poisoning is **WASH YOUR HANDS** frequently, especially before eating.
- **DO NOT** remove old paint yourself.
- Keep painted surfaces in good condition.
- Stay out of your home while paint is being removed.
- **NEVER** dry scrape or sand lead paint in your home. This will only spread the lead dust throughout the house.

CLEANING TIPS

- To wipe up dust, use a wet mop or wet cloth to clean the dust on woodwork, windowsills, and baseboards.
- When mopping or cleaning, use a phosphate detergent such as automatic dishwasher detergent.
- Use a Hepa vacuum to clean up lead dust on carpeting.
- Throw away rags and sponges used for cleaning up lead.