Pregnant?

Lead can harm your baby before they're born.

Know the risks.



If you are pregnant and being exposed to lead, it may be passed on to your baby.

You may be at risk if:

- You or someone you live with has a job or hobby that involves lead:
  - Construction, renovation, painting, target shooting, factories.
- You had lead poisoning in the past
- You live in or are renovating a home built before 1978.

The American College of Obestricians and Gynecologists (ACOG) notes that **even small amounts of lead exposure** during pregancy can:

- Raise your risk for miscarriage or ealry delivery.
- Cause high blood pressure.
- Affect your baby's growth, brain, and nervous system.
- Cause lifelong health impacts.

Talk to your doctor if any of these risk factors apply to you. They can give you a blood lead test. This can help give you the information you need to keep yourself and your baby safe.

How to stay safe during pregnancy:

- Avoid renovating your home during pregnancy if it was built before 1978.
- Use only cold water for drinking and cooking.
- Wash your hands often, especially before eating.
- Eat well! Foods with calcium, iron, and vitamin C can help keep you safe.
- If you work with or around lead, don't bring it home. Change your clothes and remove your boots before entering your home or unit.

To view guidance on how to stay safe during pregnancy:
Scan the QR code or visit www.dhs.wisconsin.gov/lead/pregnancy.htm

To view clinical guidance for perinatal patients:
Scan the QR code or visit www.dhs.wisconsin.gov/lead/health-care.htm

WISCONSIN DEPARTMENT of HEALTH SERVICES

Division of Public Health | Childhood Lead Poisoning Prevention Program
www.dhs.wisconsin.gov/lead/pregnancy.htm
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