# Prescriptions for Prevention

## Prenatal Lead Exposure

**Montgomery County, PA**

Lead can pass from a mother to her unborn baby. Even small amounts of lead can impact a baby's growth, and have lifelong effects on learning and behavior.

### Did you know?

There is no safe amount of lead in your body.

## Action Plan

*Exposure to lead is entirely preventable!*

- Lead exposure can occur among people who live in homes built before 1978. For more information on lead in **homes**, click here or scan this QR code.
- Lead in **soil** can be a serious health hazard, especially for young children and pregnant women. Learn to reduce your exposure.
- Certain **food items** like spices and **cosmetics** that are imported from other countries may have lead. View the CDC list of common contaminated items.
- Plan ahead by finding an Eco-Healthy Childcare Certified **childcare center**. Certified centers have to be lead safe. Find a provider near you.
- Some **jobs or hobbies** can expose you to lead, such as:
  - Making glazed pottery
  - Use of firearms or visits to a firing range
  - Construction, renovation, or clean up of residential and commercial buildings
  - Recycling of materials

If someone in your home works in these industries, be sure to have them wash their clothes separately. They should also leave their work shoes outside or wipe them daily to avoid tracking lead inside. If you are pregnant and work in one of these jobs, discover how to protect yourself.

Perelman School of Medicine, University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
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Children's Hospital of Philadelphia

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## Your Lead Safe Checklist

- [ ] Check to ensure there are no lead risks in your home. Click here or scan:
- [ ] Get tested for lead if you have a job or hobby that exposes you to lead.
- [ ] Wear gloves and wash your hands when working with soil. Don't allow children to play in bare soil.
- [ ] Ensure your child's future childcare center is certified as lead safe by using agencies that are Eco-Healthy Childcare certified.
- [ ] Spices, candies and traditional medicines sourced from other countries may contain lead. The only way to tell if an item has lead in it is through laboratory testing. It is best to avoid consuming or using these products.
- [ ] For more tips on living safely with lead, view Clean Water Action's pamphlet on 7 simple things you can do today to avoid lead exposure.

**If you or your child answer YES to any of these questions, you should talk to your healthcare clinician about lead.**

- Have you recently moved to the U.S. from a different country?
- Do you or someone in your home work with paint, ceramics, jewelry, stained glass, guns, or lead?
- Do you or someone in your home work in construction, renovation, cleaning of residential or commercial buildings, or recycling of metals or batteries?
- Have you ever eaten non-food items like paint chips, clay, soil or pottery?

For more resources, visit prcceh.upenn.edu

Contact us at 215-573-9076 or prcceh@pennmedicine.upenn.edu

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