

6. USE THESE CLEANING TIPS.



Damp mop often, to reduce lead dust. But be sure to wash your hands after you mop. If you've been washing windows, floors or walls, or digging in the garden, be sure to wash your hands. Always wash your hands before making meals or eating.

7. GET GOOD ADVICE.



Call your doctor or local health department to learn more about lead poisoning prevention. And the State Health Department has pamphlets to help you learn more too. Just write:

Box 2000
Albany, NY 12220

Remember,
GET AHEAD OF LEAD!

Avoiding lead is good for you and good for your unborn baby.

If you're pregnant,

GET AHEAD OF LEAD!



State of New York
George E. Pataki, Governor

Department of Health
Antonia C. Novello, M.D., M.P.H., Commissioner

Lead is a poison. If lead gets into your body, it could harm you and your unborn baby. Here's how you can GET AHEAD OF LEAD:

1. IF YOU'RE FIXING UP A ROOM FOR THE BABY, DON'T REMOVE PAINT.



Old paint can have lead in it. During removal, you can breathe in lead dust, which can travel through your blood to your unborn baby. Call your local health department for information about professionals who handle lead-based paint problems. While you're pregnant, stay away from places where fixing up or remodeling is going on. And let someone else do the clean-up after the work is done.

2. MAKE SURE THERE'S NO LEAD DANGER WHERE YOU WORK.



People who work at construction, plumbing, painting, auto repair and certain other jobs can be exposed to lead. If you're pregnant and work in one of those jobs, ask your employer how you should protect yourself. You and anyone you live with who is exposed to lead on the job should shower and change into fresh clothes and shoes before coming home. Wash work clothes separately.

3. BE CAREFUL WITH YOUR HOBBIES.



Some crafts call for use of paints, glazes and solder (used in making stained glass). Many of these contain lead.

4. USE LEAD-FREE DISHES.



Some dishes may have lead in their glazes. Don't use chipped or cracked dishes to store or serve food.

5. EAT RIGHT TO GET AHEAD OF LEAD.

Foods high in iron and calcium can help lower your lead risk.



For iron
dried beans/peas, lean beef/pork, chicken/turkey, spinach, whole grain/fortified breads, eggs, tuna and collard greens



For calcium
cheese, milk, yogurt, cottage cheese, ice cream, milkshakes, pudding, cream soups, pizza, lasagna, macaroni and cheese