

Mini Lead Risk Assessment

* Do you eat non-food items? Yes No

* Is there someone in your home who is exposed to lead at work? Yes No

* Does your family use cosmetics, powders, spices, foods, or health remedies from different countries? Yes No

* Does your family use or cook with leaded crystal, pewter, or handmade pottery? Yes No

* Are there lead exposures from the environment in your living area (like a major highway, contaminated soil)? Yes No

If you answered "yes" to any of these questions, speak to your health care professional about getting tested for lead poisoning.

FOR MORE INFORMATION:

Please Contact:

Saratoga County

Public Health Services

Lead Poisoning Prevention

Program Coordinator

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Saratoga Springs NY 12866

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www.facebook.com/saratogacountypublichealth



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@CountyPublH

References: New York City Department of Health & Hygiene, Centers for Disease Control

Pregnancy & Lead Poisoning

What Every Woman Should Know



Saratoga County
Public Health Services:
Lead Poisoning Prevention
Program

DID YOU KNOW?

Lead is a Poison and Can Harm You & Your Unborn Baby

It Can Cause:

- * High blood pressure in pregnant women
- * Miscarriages
- * Premature births
- * Low birth-weight of babies
- * Learning & behavioral problems

You Can Get Lead Poisoning Many Different Ways

Some of these ways are:

- * Breathing in lead dust
- * Eating foods like spices or non-food items (PICA) like paint chips
- * Using cosmetics made with lead
- * Eating off of certain kinds of clay pots or pottery
- * Eating vegetables that haven't been properly washed

ASK THE

QUESTIONS

Speak to your Primary Care Provider about the dangers of lead poisoning & ask if you should be tested.

You should have a lead test if:

- * You were ever exposed to lead
- * You had lead poisoning as a child



Protect Yourself & Your Unborn Baby

Step One: Keep Away From Lead

- * Never eat non-food items such as dirt, paint chips, or clay
- * Avoid folk health remedies
- * Do not use cosmetics or spices from other countries
- * Do not perform home renovation work while pregnant
- * Leave your shoes at the door, and ask that your guests do the same
- * Avoid using homemade pottery or dishes

Step Two: Eat a Healthy Diet

- * Eat a diet high in calcium with foods such as: milk, yogurt, cheese, salmon, spinach, & collard greens
- * Eat a diet high in iron with foods such as: lean red meat, chicken, eggs, lentils, raisins, tuna fish, beans, broccoli, & spinach
- * Eat a diet high in vitamin C with foods such as: fruits such as oranges, strawberries, & kiwi and vegetables like broccoli, peppers, & tomatoes
- * These foods help stop lead from being absorbed into the body.

Always speak to your Primary Care Provider before making changes to your diet