

## PROTECTING YOU AND YOUR CHILD FROM THE HARMFUL EFFECTS OF LEAD

### How are pregnant and breastfeeding persons exposed to lead?

If a person has lead exposure during pregnancy or while breastfeeding, lead can also enter their baby's body.

In Michigan, deteriorated lead paint is the # 1 source of lead exposure. Sources of lead exposure include paint, dust, soil, and drinking water. Other sources of lead can include certain jobs and hobbies, household items, imported goods and plumbing.

Home plumbing can be a source of lead no matter whether your drinking water is from a community public water supply or a private residential well.



### Should I get tested?

Complete the risk assessment on the back of this document to learn about your risk factors that may indicate the need for blood lead testing. If you answer "yes" or "don't know" to any of the questions, you should talk to your doctor about blood lead testing.

### What can I do to protect my child and myself from lead?











- Regularly wash hands, bottles, pacifiers, and toys. Wipe off horizontal surfaces, like windowsills with wet paper towels or other disposable cleaning materials.
- Hire a certified lead professional to test your home and help with home repairs and renovations in houses built before 1978.
- Vacuum with a High Efficiency Particulate Air (HEPA) filtered vacuum.
- Take shoes off before entering the home or living areas.
- If your home had a water test with high lead levels, use water that was put through a certified lead-reducing filter (or bottled water) for drinking, cooking, and preparing infant formula. Follow manufacturer instructions and never put hot water through the filter.
- Eat a healthy diet, including foods high in calcium, iron, and vitamin C.

**For more information, visit  
[Michigan.gov/MiLeadSafe](https://Michigan.gov/MiLeadSafe)  
or call the Childhood Lead  
Poisoning Prevention  
Program at 517-335-8885**



# BLOOD LEAD RISK ASSESSMENT FOR PREGNANT & BREASTFEEDING PERSONS

**Routine blood lead testing of all pregnant and breastfeeding persons is not recommended. However, all pregnant or breastfeeding persons should be assessed for risk of lead exposure using the following questions:**

-  Do you live in or regularly visit a home built before 1978 that has had renovations, repair work, or remodeling in the last 12 months?
-  Do you live in or regularly visit a home that had a water test with high lead levels?
-  Have you recently immigrated from or recently lived in an area where environmental lead contamination is high (e.g., Bangladesh, Mexico, India)?
-  Do you use imported home remedies, spices, ceramic pottery or cosmetics?
-  Do you eat, chew on, or mouth nonfood items such as clay, crushed pottery, soil or paint chips?
-  Do you or others in your household have a job that involves possible lead exposure? (e.g., construction, smelting, auto repair)
-  Do you or others in your household have any hobbies or activities that involves possible lead exposure (e.g., working with stained glass, ceramics, jewelry making)?
-  Do you have a history of lead exposure or live with someone who has an elevated blood lead level?

**If you answered YES or DON'T KNOW to any of these questions, talk to your doctor about blood lead testing.**

**To learn more about lead poisoning prevention and blood lead testing, contact the Childhood Lead Poisoning Prevention Program:**

**517-335-8885 or [Michigan.gov/MiLeadSafe](https://Michigan.gov/MiLeadSafe)**