

Additional information

Remember: If you are pregnant or planning to become pregnant and think you're being exposed to lead, ask your doctor for a blood lead test. A blood lead test will determine if you or your unborn child is being exposed to lead.

For more information contact

- Your physician
- Local County Health Department
- Utah Department of Health and Human Services, Office of Communicable Diseases



- Utah Division of Air Quality



- Centers for Disease Control and Prevention (CDC)



- U.S. Environmental Protection Agency



Pregnancy and lead poisoning



Utah Childhood Lead Poisoning Prevention Program

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How to keep you and your baby healthy and safe

What is lead poisoning?

Lead is a metal found in nature and is used for many purposes. Lead is harmful when you eat items or breathe leaded dust.

Sources of lead

Lead-Based Paint: Chipping or peeling paint and dust from homes or buildings built before 1978

Water: Older plumbing with lead pipes or pipes with leaded solder joints



Food: Stored in containers that contain lead

Soil: Contaminated with lead by chipping or peeling paint outside of home or from mining activities

Work: Leaded dust may be on work clothes or hair and brought home

Hobbies: Gun reloading, target practice, ceramics, refinishing furniture, stained glass, and fishing weights

Home or folk remedies: Azarcon, greta, kohl, and pay-loo-ah



Effects of lead poisoning

Lead can cause serious health effects to pregnant women and their unborn children.

Lead can cause

- Damage to the brain, nervous system, kidneys, and hearing of the unborn child
- High blood pressure
- Digestive problems
- Nerve disorders
- Difficulty becoming pregnant
- Miscarriage
- Baby with a low birthweight
- Memory loss
- Difficulty concentrating
- Muscle and joint pain



Preventing lead poisoning

Lead poisoning is common and can be prevented.

What you can do

- Talk to your healthcare provider about getting a blood lead test
- Have paint, soil, or water tested for lead
- Eat a diet high in Calcium, Iron, and Vitamin C
- Don't remove any paint when remodeling your home or refinishing old furniture
- If you or a family member has a job that involves lead, change clothes and shower before coming home
- Avoid fatty foods
- Wash your hands often
- Cover chipping or flaking paint
- Use a wet cloth or mop and warm soapy water to clean painted surfaces