

## PREGNANCY

# Pregnancy and Lead Poisoning: How to keep you and your baby healthy and Safe



PREGNANCY

800.414.6580

### WHAT IS LEAD?

Lead is a metal found in nature that is used for many things. It can be harmful if you eat items that have lead or breathe in leaded dust.

### SOURCES OF LEAD:

- Lead-based paint (chipping or peeling paint and dust from homes or buildings built before 1978).
- Water from older plumbing with lead pipes.
- Foods stored in containers that contain lead.
- Soil that is contaminated with lead by chipping or peeling paint.
- Leaded dust that may be on work clothes or hair and brought home.
- Gun reloading, target practice, ceramics, refinishing furniture, stained glass and fishing weights can all be sources of lead.

### WHAT ARE THE EFFECTS OF LEAD POISONING?

#### Lead poisoning can cause:

- Damage to the brain, nervous system, kidneys and the hearing of an unborn child.
- High blood pressure
- Stomach problems
- Nerve disorders
- Miscarriage
- Problems getting pregnant
- Low birth weight
- Memory loss
- Difficulty concentrating
- Muscle and joint pain

### HOW CAN I PREVENT LEAD POISONING?

#### To prevent lead poisoning, you should:

- See a doctor for a blood test.
- Have paint, soil or water tested.
- Eat a diet high in Calcium and Iron.
- Wash your hands often.
- Cover chipping or flaking paint.
- Don't remove any paint when remodeling your home.
- Use a wet cloth or mop and warm, soapy water to clean painted surfaces.

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

Source: Centers for Disease Control and Prevention (CDC)



**FOR MORE INFORMATION** about pregnancy, call Care Management at 1.800.414.6580 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).

La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននៃការកំណត់សម្រាប់ការសន្សំ: មានជូនជាភាសាជួសជុលភ្លេង និងកូនចម្រើនដទៃទៀត តាមរយៈការទូរស័ព្ទទៅខាងសេវាសមាជិកដល់លេខ 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់លេខ 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).