



# If you are Pregnant...



Lead could harm you and your unborn baby.  
Here are some helpful hints to keep you  
lead-smart!

If you're fixing up a room for the baby, **don't** remove the old paint.



Make sure there are **no** lead hazards where you work.



Be careful with hobbies and crafts that may call for leaded glazes, paint and solder (stained glass).

Use *lead-free* dishes. **Don't** use chipped or cracked dishes to store or to serve food.

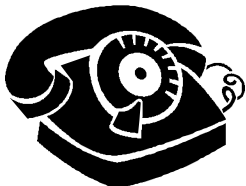


Eat a healthy diet. Foods high in iron and calcium can help lower your lead risk.

Damp mop your floors often to reduce lead dust.



Call the **City of Syracuse's Lead Program** if you have any questions. We just may be able to help you. 😊



**(315) 448-8710**

