

Pregnancy and Lead: Do I need a lead test?



YES NO

Do you ...

- | | | |
|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | come from or have you recently traveled to a country with higher lead exposure risks? |
| <input type="radio"/> | <input type="radio"/> | work with lead for your job or hobby, or live with someone who does? |
| <input type="radio"/> | <input type="radio"/> | live in a home built before 1978 that has had repairs or renovations in the last 12 months? |
| <input type="radio"/> | <input type="radio"/> | use traditional medicines or cosmetics, such as greta, azarcon, surma, or kohl? |
| <input type="radio"/> | <input type="radio"/> | use spices, supplements, foods, or candies bought in or sent from another country? |
| <input type="radio"/> | <input type="radio"/> | use ceramics or cookware purchased in or brought with you from a country outside the US? |
| <input type="radio"/> | <input type="radio"/> | have cravings to eat non-food items, such as clay, soil, plaster, paint chips, or pottery? |
| <input type="radio"/> | <input type="radio"/> | live with someone who has had a blood lead level of 3.5 ug/dL or greater? |
| <input type="radio"/> | <input type="radio"/> | use drinking water that has tested high for lead? |

If you answered **YES**, are unsure of any answers, or if you think you have been exposed some other way, **you may need a blood lead test**. Talk to your doctor and give them the card below.

I may need blood lead testing.

Provider: A lead risk factor questionnaire identified this person as having one or more potential risk factors for lead exposure.

The Centers for Disease Control and American College of Obstetricians and Gynecologists (ACOG) recommend blood lead testing for people who are pregnant or breastfeeding with risk factors for lead exposure.

See ACOG's **Lead Screening During Pregnancy and Lactation** at www.acog.org for further guidance and recommendations.

Why get tested for lead?

Many people with lead in their blood do not feel or look sick. A blood test is the only way to tell if you have been exposed to lead.

Lead can be harmful to you and your baby.



Too much lead in the body can put you at risk for complications during your pregnancy and harm your unborn child's growing brain.

If you think you have been exposed, it is important to get tested so your doctor can watch for problems.

What happens if you have been exposed?

If you have lead in your blood, your doctor can work with you to find and address the exposure source.

Depending on your lead level, you may need additional testing, dietary counseling, or vitamins during your pregnancy. After birth, your baby may need to be tested for lead. You may also be connected with resources, like nutrition services, to support you and your baby's health.

For more information about lead, like where lead can be found, visit **doh.wa.gov/lead** or call **(360)-236-4280** (toll free 800-909-9898).

DOH 334-586 June 2025 To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.

Information for Health Care Providers

For more information or to request assistance from a reproductive environmental health specialist, visit **www.pehsu.net**.

For immediate assistance, call the Poison Control Center at 1-800-222-1222.