



PRENATAL ENVIRONMENTAL EXPOSURE HISTORY

Assessment	Yes	No	Steps to Reduce Risk
Have you or anyone living in your house ever been treated for lead poisoning?			Have your home tested for lead if it was built before 1978.
Do you live in a house built before 1978?			Avoid remodeling or hire a certified contractor.
Are there any plans to remodel your home?			
Have you ever lived outside the United States?			Call 1-800-424-LEAD for more information.
Does your family use imported pottery or ceramics for cooking, eating, or drinking?			Do not use lead -containing home remedies.
Have you used any home remedies such as azarcon, greta, pay-loo-ah?			Do not eat clay, soil, dirt, pottery, or paint chips because they may contain high levels of lead.
Have you ever eaten any of the following:			
Clay			
Soil or dirt			Eat foods enriched with iron (lean red meats, chicken), calcium (dairy products and green leafy vegetables), and vitamin C (oranges, grapefruits, tomatoes, and green peppers).
Pottery			
Paint chips			
Is there a mercury thermometer in your home?			Use a digital or mercury-free thermometer.
Do you eat any of the following types of fish:			Do not eat shark, swordfish, king mackerel or tilefish because they contain high levels of mercury
Shark			Albacore tuna contains more mercury than canned light tuna; Do not eat more than one meal (6 oz) per week of albacore tuna.
King Mackerel			Eat a variety of fish low in mercury twice a week.
Swordfish			Contact local health dept. about local fish advisories.
Tilefish			
Albacore tuna ("white" tuna)			
In general, do you eat fish more than twice a week?			
Do you use a wood burning stove or fireplace?			Ensure adequate ventilation of wood burning stoves and fireplaces.
Do you plan on having rehab or painting done in your home during your pregnancy?			Avoid exposure to paint fumes, wood strippers, and other products containing solvents.
Do you use kerosene or gas space heaters?			Crack a window when using space heaters.
Do you live near an industrial site or busy roadway?			Avoid outdoor exercise on high air pollution days.
Does your home have a:			Smoke and carbon monoxide detectors should be installed on all floors and near bedrooms.
Smoke detector?			
Carbon monoxide detector?			
Does anyone who lives in your home smoke?			Avoid public places where smoking is allowed.
Do any people who will be taking care of the baby smoke?			Make your home smoke-free.
Do you use pesticides (insecticides, herbicides, rodenticides) such as Raid, 'Weed & Feed' or OFF:			Use Integrated Pest Management methods to control pests.
Inside your home?			Avoid sprays, foggers, and bug bombs.
Outside your home?			
On your pets?			For more information go to the National Pesticide Information website, http://npic.orst.edu/
What do you do for work?			
Are you exposed to any of the following at work:			Always wear proper personal protective equipment (PPE).
Metals			Contact an Occupational and Environmental physician with questions about workplace exposures. www.aoec.org
Solvents			
Chemicals			
Radiation			
Fumes			