



## 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?			Get 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 any 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			
Pottery			
Paint chips			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)
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:			Dispose of mercury at hazardous waste sites
Shark			
King Mackerel			
Swordfish			Do not eat shark, swordfish, king mackerel or tilefish because they contain high levels of mercury
Tilefish			Albacore tuna contains more mercury than canned light tuna
Albacore tuna ("white" tuna)			Do not eat more than one meal (6 oz) per week of albacore tuna.
If so, do you eat more than one meal per week of the selected fish?			
Do you eat any locally-caught fish?			Do not eat more than one meal per week of ANY of the fish listed below
Do you eat more than one meal per week of the fish listed:			
Black bass			
White bass			Eat up to two average meals (12 oz) per week of fish that are lower in mercury
Northern Pike			
Flathead			
Walleye			Check local advisories about the safety of fish caught by family and friends in your local lakes
Sauger			
Saugeye			
Catfish			For more information go to Environmental Protection Agency 's site
Muskellunge			<a href="http://www.epa.gov/waterscience/fish/">http://www.epa.gov/waterscience/fish/</a>
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:			Practice Integrated Pest Management
Inside your home?			Read labels: Caution indicates low level of harm and Danger indicates high level of harm
Outside your home?			For more information go to the National Pesticide Information website, <a href="http://npic.orst.edu/">http://npic.orst.edu/</a>
On your pets?			
What do you do for work?			
Are you exposed to any of the following at work:			Always wear proper personal protective equipment (PPE)
Metals			
Solvents			
Chemicals			
Radiation			
Fumes			