

<p>Environmental History Items What do you do for work?</p>	<p>Always wear proper personal protective equipment (PPE) as Occupational and Environmental physicians will question about multiple exposures. www.cdc.gov</p>
<p>Are you exposed to any of the following at work? Metals Solvents Pesticides (including those for cleaning) Radiation</p>	
<p>Lead can cause brain damage, especially in babies and children</p>	<p>For lead, avoid food with lead from old paint, dishes, vitamin supplements, green leafy vegetables, and certain C cereals, grapefruit, tomatoes, green peppers.</p>
<p>Have you or anyone living in your home ever been treated for lead poisoning?</p>	
<p>Do you live in a house built before 1978?</p>	<p>Have you been tested for lead? If your lead levels are high, wiping paint may release lead into the house.</p>
<p>Are there any plans to remodel your home?</p>	<p>Lead-containing or fire-retarded construction. Call 1-877-424-3442 for more information.</p>
<p>Have you ever lived outside the United States?</p>	
<p>Have your family ever imported guitars or cosmetics for painting, roofing, or staining?</p>	<p>Imported guitars or cosmetics may contain lead, which can leach into food.</p>
<p>Have you used any home remedies such as castor oil, garlic, garlic oil, etc?</p>	<p>Do not use lead-containing home remedies.</p>
<p>Have you ever eaten any of the following: Tea Soil in dirt Pottery Floor tiles</p>	<p>Do not eat clay, soil, dirt, pottery, or paint chips because they may contain high levels of lead.</p>
<p>Mercury is another metal that can damage the developing fetal brain. Lead children are also sensitive.</p>	<p>It's important to clean up mercury spills in a special way. http://www.epa.gov/mercury/leak/remedial_bg.pdf</p>
<p>Is there a mercury thermometer in your home? Is general, do you eat fish more than twice a week?</p>	<p>Use a digital or mercury-free thermometer. Eat a variety of fish but no mercury fish a week. Contact local health dept. about local fish advisories.</p>
<p>Do you eat any of the following types of fish: Shark King mackerel Swordfish Tilefish Orange Roughy Big eye tuna Mahi-mahi All other tuna (white) tuna</p>	<p>Do not eat shark, swordfish, king mackerel or tilefish because they contain high levels of mercury.</p>
<p>Art pollution is harmful to pregnant women who are "breathing for two" and also for fetuses, babies, and children.</p>	<p>Allergic to latex contains more mercury than standard light latex. Do not eat more than 1 oz. per week of allergic latex.</p>