

Environmental History Form	
What do you do for work?	Always wear proper personal protective equipment. Contact an Occupational and Environmental physician with questions about workplace exposures. www.aoec.org
Are you exposed to any of the following at work:	
Metals	
Solvents	
Chemicals (including those for cleaning)	
Radiation	
Fumes	
Lead can cause brain damage, especially in babies and children	Eat foods enriched with iron (lean red meats, chicken), calcium (dairy, green leafy vegetables), and vitamin C (oranges, grapefruits, tomatoes, green peppers).
Have you or anyone living in your house ever been treated for lead poisoning?	
Do you live in a house built before 1978?	Have your home tested for lead if it was built before 1978. Chipping paint may release lead into the house.
Are there any plans to remodel your home?	Avoid remodeling or hire a certified contractor. Call 1-800-424-LEAD for more information.
Have you ever lived outside the United States?	
Does your family use imported pottery or ceramics for cooking, eating, or drinking?	Imported pottery or ceramics may contain lead, which can leach into food.
Have you used any home remedies such as azarcon, greta, pay-loo-ah?	Do not use lead-containing home remedies.
Have you ever eaten any of the following:	Do not eat clay, soil, dirt, pottery, or paint chips because they may contain high levels of lead.
Clay	
Soil or dirt	
Pottery	
Paint chips	
Mercury is another metal that can damage the developing fetal brain. Small children are also sensitive.	It's important to clean up mercury spills in a special way. https://www.atsdr.cdc.gov/mercury/docs/residential_hg_spill_cleanup.pdf
Is there a mercury thermometer in your home?	Use a digital or mercury-free thermometer.
In general, do you eat fish more than twice a week?	Eat a variety of fish low in mercury twice a week. Contact local health dept. about local fish advisories.
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	
King Mackerel	
Swordfish	
Tilefish	
Orange Roughy	
Big eye tuna	
Marline	
Albacore tuna ("white" tuna)	Albacore tuna contains more mercury than canned light tuna; do not eat more than 6 oz. per week of albacore tuna.
Air pollution is harmful to pregnant women who are "breathing for two" and also for fetuses, babies, and children.	

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 gas space heaters.
Do you live near an industrial site or busy roadway?	Avoid outdoor exercise on high air pollution days.
Do you use a wood burning stove for fireplace	Ensure adequate ventilation of wood burning stoves and fireplaces.
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?	Make your home smoke-free.
Do any people who will be taking care of the baby smoke?	Avoid public places where smoking is allowed.
Pesticides have many potential health harms, both for babies and adults.	If you can afford fruits and vegetables grown without pesticides (including organic), you and your family will be exposed to less of these harmful chemicals.
Do you use pesticides? (bug killers, weed killers, rat poison)	Use Integrated Pest Management methods to control pests. Avoid sprays, foggers, and bug bombs. For more information go to the National Pesticide Information website http://npic.orst.edu/
Inside your home?	
Outside your home?	
On your pets?	
Healthy food and water are very important during pregnancy and for growing children.	
Do you use water or baby bottles made out of hard plastic or polycarbonate (#7)?	Polycarbonate plastic (even that labeled "BPA-free") often contains BPA or similar chemicals which can interfere with hormones in the body, especially in developing fetuses.
Do you eat canned foods or food microwaved in plastic?	The linings of canned foods may contain a BPA-like additive. Microwaving in plastic increases the leaching of chemicals into food. Microwave in glass containers or ceramic bowls. Use a plate to cover a dish rather than plastic wrap.
Does your water come from a well?	Well water should be tested routinely for contaminants.
If your house is old, does it have lead pipes?	Run the tap for a minute or two to flush out sitting water.
Chemicals in personal care products, fragrances, and household cleaners may be harmful to pregnant women or fetuses.	
Do you use fragrant personal care products such as perfume, body spray, lotion, or shampoo/conditioner?	These products may contain chemicals such as phthalates which are thought to cause developmental problems for growing fetuses. Decrease the number of products you use, and purchase fragrance-free if possible.
Do you use products at home or work for cleaning or scent?	Cleaning chemicals may be harmful to pregnant women and to babies and children. Practice safe handling techniques if you have to use strong chemicals. Try to use less-toxic alternatives for cleaning such as vinegar, soap, and baking soda, or products certified as safer by third parties such as the EPA's Safer Choice Program. Avoid air fresheners, incense, and scented candles.