




k. The Hazards in Your Environment

MODULE 1

During your pregnancy, you should be aware of potentially dangerous elements present in your environment.

The following table contains a summary of the products to watch out for and recommendations regarding these products.

HAZARDS IN YOUR ENVIRONMENT	
Dangers	Recommendations
Chemical products	
	<ul style="list-style-type: none">• Handle with care.• Wear a mask, gloves, and work in a well ventilated area.• Avoid toxic cleaners and those with toxic vapors. (ex.: oven cleaners).• Avoid oil paint. Latex paint is safer.
Mercury	
	<ul style="list-style-type: none">• Health Canada suggests that a pregnant woman should not eat more than one meal of swordfish, shark, fresh or frozen tuna per month (except canned tuna) because of the high rate of mercury.• Limit your consumption of fresh water fish such as trout to once every two weeks and avoid gray trout.
Lead	
	<ul style="list-style-type: none">• Run the water tap at least five minutes in the morning before drinking it.• Do not drink hot water from the tap because it may contain more lead than cold water.
Insecticides	



- There is no proof that insecticides which contain DEET can be hazardous to the baby.
- If you use insecticides containing DEET, follow instructions carefully.

Pesticides



- Avoid being exposed to pesticides and stay away from areas that have been treated with pesticides.

X-rays



- Avoid all X-rays during pregnancy including dental X-rays.
- If an X-ray is absolutely necessary during pregnancy, be sure to inform the doctor, dentist, radiology technician that you are pregnant. They will take extra precautions to protect your baby.

Domestic animals



- Certain domestic animals such as cats, turtles, and iguanas are carriers of infections that can harm your baby.
- Cats that go outside can carry a parasite that causes toxoplasmosis, an illness that can harm your baby's development.
- Avoid touching the cat's litter. If possible ask someone else to do it for you.
- Wear gloves to work outside in your flowers and garden.
- **Always wash your hands with hot water and soap after touching an animal, litter, or outside earth.**