

My Child's Lead Test Result

A blood lead test tells you how much lead is in your child's blood. Lead can harm a child's growth, behavior, and ability to learn. The lower the level, the better. Most lead poisoning occurs when children eat or breathe in dust from old lead paint. You should test your child if you think he or she has had contact with lead.

Test Result What does this mean?

0-4 **Your child's lead result is about the same as most children in the United States.**

- Continue to protect your child from lead by following the tips on the next page.
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5-14 **Your child's lead result is high. Act quickly!**

- Talk with your doctor about ways to protect your child from lead, and about your child's diet, growth, and development.
 - Look through your home for possible lead sources. A public health worker may contact you to provide information or to schedule a home visit to help you find possible sources of lead.
 - Test all other children who live in the same house.
 - Have your child tested again in one to three months. If your child's test was first done by pricking their fingertip, have them immediately tested again by taking blood from a vein.
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15-44 **Your child's lead result is very high. Get help!**

- Talk with your doctor about ways to protect your child from lead and about your child's diet, growth, and development.
 - Look through your home for possible lead sources. A public health worker may contact you to provide information or to schedule a home visit to help you find possible sources of lead.
 - Test all other children who live in the same house.
 - Have your child tested again in one to four weeks.
 - Ask your doctor if your child should have a stomach x-ray or decontamination.
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44 and higher **Your child needs medical treatment right away!**

- Remove all sources of lead before your child returns home. A public health worker may contact you to provide information or to schedule a home visit to help you find possible sources of lead.
 - Ask your doctor if you should take your child to the hospital.
 - Ask your doctor if your child should have a stomach x-ray or decontamination.
 - Talk with your doctor about ways to protect your child from lead, and about your child's diet, growth, and development.
 - Have your child tested again within two days.
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Child's Name: _____ Test Result: _____ mcg/dL Date: _____

If the test result is not written here, ask your doctor or nurse for it, write it down, and save for your records.

Protect Your Child from Lead Poisoning

Wash Hands, Toys, and Floors

- Wash your child's hands often, especially before eating and sleeping and after playing outside.
- Wash toys, stuffed animals, pacifiers, and bottles with soap and water often.
- Clean floors, windowsills, and other surfaces with a wet mop or rag regularly.

Eat Healthy Foods

- Children with good diets absorb less lead. Serve foods with calcium, iron, and vitamin C.
- Foods with calcium include milk, cheese, yogurt, tofu, and green, leafy vegetables.
- Foods with iron include lean red meat, fish, chicken, beans, some cereals, and dried fruit such as raisins and prunes.
- Foods high in vitamin C include strawberries, oranges, bell peppers, broccoli, kiwi, guava, papaya, grapefruit, mango, cantaloupe, cabbage, tomatoes, and potatoes.

Cosmetics, Medicines, and Other Products

- Avoid using imported medicines and cosmetics if your child has a high blood lead level because these products may contain lead.
- Cosmetics from the Middle East and Asia that may contain lead include kohl, kajal, kohal, and suma. Home medicines that could contain lead and are sometimes used in the Hispanic community include azarcon, greta, maria luisa, alarcon, coral, liga, rueda, and albayalde. Medicines from Asia that could contain lead include daw tway, paylooah, ghasard, bali goli, and kandu.
- Avoid using imported pottery, dishware, and ceramics for food and drinks if you don't know if it contains lead.
- Imported toys, jewelry, and candy are sometimes found to have lead. Go to www.recalls.gov/cpsc.html, select "product search" and type in "lead" to find product recalls and safety alerts.



Lead Paint in Old Homes

- Older homes, built before 1978, may have paint that contains lead. When old lead paint cracks and peels, it can create dangerous lead dust that can be breathed in or eaten.
- Keep your home clean and dust-free. Routinely wipe surfaces, especially around doors and windows, with a wet rag to remove paint chips and dust.
- Sanding and scraping lead paint may create lead dust. Keep children and pregnant women away from repairs that disturb old paint until the area is cleaned using a wet mop or rag.

Don't Bring Lead Home

- Jobs and hobbies that may expose you to lead include painting, plumbing, construction, car repair, battery and metal recycling, and working with guns and ammunition, fishing weights, stained glass, pottery, and jewelry.
- If you work with lead, use separate clothes and shoes. Shower before coming home or as soon as you get home. Put dirty work clothes in plastic bag and wash them separately from other family member clothes.

Learn More About Lead

- Lead Information Line: 1-800-909-9898
- Washington State Department of Health: www.doh.wa.gov (search "lead")
- Local Health Departments: www.doh.wa.gov/localhealth

