

Your Child Had a Blood Lead Test what does it mean?



 Ohio Department of Health
Ohio Healthy Homes
and Lead Poisoning Prevention Program
246 North High Street
Columbus, Ohio 43215
877-LEAD-SAFE
www.odh.ohio.gov



THERE IS NO SAFE LEVEL OF LEAD in a child's blood

Lead enters the body when children:

- Put their hands or other items contaminated with lead dust in their mouths
- Eat peeling lead-based paint or dirt that contains lead
- Breathe in lead dust

Lead poisoning can cause hyperactivity, language deficiency, hearing loss, aggression, and learning disabilities.

Common sources of lead:

- Paint that has deteriorated or has been disturbed through remodeling or renovation
- In soil, water, toys and jewelry
- From hobbies or occupations that come in contact with lead
- In ethnic items such as folk remedies or cosmetics



Date of blood lead test _____ Level _____

To be confirmed on/by _____ Level _____

Retest on/by _____ Level _____

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- **< 5 micrograms per deciliter ($\mu\text{g}/\text{dL}$)** Any exposure to lead can be harmful to a child. There is no safe level of lead in a child's blood. Even if your child's blood lead level is less than 5 $\mu\text{g}/\text{dL}$, your child is being exposed to lead somewhere in his/her environment. Lead can cause permanent damage and your child's level is likely to increase unless you take steps to reduce his/her exposure.
- **5-9 $\mu\text{g}/\text{dL}$** At levels of greater than or equal to 5 $\mu\text{g}/\text{dL}$, there are many things you can do to reduce or keep the level from increasing by frequently washing hands, wet cleaning all surfaces and providing nutritious meals.
 - Lead level should be confirmed with a venous sample test when the first test is from a capillary sample (finger/heel stick).
 - Blood lead tests should continue every month until lead levels go below 5-9 $\mu\text{g}/\text{dL}$.



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- **10-44 $\mu\text{g}/\text{dL}$** If your child has a confirmed blood lead level of greater than or equal to 10 $\mu\text{g}/\text{dL}$, You will be contacted by your local or state childhood lead poisoning prevention program. A lead risk assessor will schedule a public health lead investigation. An inspection may take place in your home, child care center, babysitter's, or relative's home where your child spends more than six hours a week. They will assist you in determining the source of lead exposure and provide prevention strategies to adopt. Local lead case managers are available to answer your questions either by phone or on a home visit.
- Lead levels should be confirmed with a venouse sample test withn the first test is from a capillary sample (finger/heel) stick.
- Child may be referred to ***Help Me Grow***.
- Child may be referred to **Children with Medical Handicaps Program (BCM)**H).
- Blood level should be tested once a month until it goes below 5 $\mu\text{g}/\text{dL}$.



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- **≥45 ug/dL** If your child has a confirmed blood lead level of greater or equal to 45 $\mu\text{g}/\text{dL}$, this requires immediate medical intervention. Consult your physician immediately and follow his/her instructions. A lead risk assessor will contact you to schedule a public health lead investigation as soon as possible. Follow all previous guidance for lower lead levels.



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□ Steps you can take to lower your child's blood lead level:

1. Remove your child from the source of lead. Use baby gates or shut doors to keep children away from areas of your home that are being remodeled. Place children on a washable rug or blanket, and do not allow children to play with dirt.
2. Wash toys, pacifiers and your child's hands often. Be sure to wash hands before eating, after playing outside or using the bathroom.
3. Use wet-cleaning techniques regularly. Use soapy water to clean and separate rinse water when mopping floors. Use wet rags to dust.



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□ Steps you can take to lower your child's blood lead level (continued):

4. Feed your child a diet that is rich in iron and calcium (e.g. milk, meat, cereal, beans, spinach, kale, and cheese). This will reduce the amount of lead being absorbed in the body.
5. If you have an occupation or hobby that comes in contact with lead, remove clothes and wash your hair and body before touching your child.
6. Remove your shoes at the entrance to your house.
7. If your home, a relative's home or a child care location was built before 1978 and is being renovated or remodeled, do not let your child come in contact with the dust, paint chips or any debris from the construction. Lead paint was most likely used in the building and disturbing the paint can cause lead poisoning.



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□ What role does a healthy diet play in lead poisoning prevention?

A healthy, well-balanced diet will help to reduce the amount of lead absorbed in the body. Foods high in iron, calcium, and vitamin C are very important to your young child. The body can mistake lead for any of these nutrients, especially in children with poor diets.

□ Iron

- Iron deficient children or children with anemia are more at risk and can absorb up to 50 percent more lead.
- Most cereals and bread have added iron in them (fortified).
- Lean meat, green leafy vegetables, oatmeal, prunes and raisins all are excellent sources of iron.



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Calcium

- Calcium intake can help to reduce the effects of lead absorption.
- Milk, cheese, broccoli, spinach, yogurt, kale, and turnip greens are all good sources of calcium.
- Cow's milk should never be fed to an infant during the first year of life because it cannot be properly digested.



Vitamin C

- Vitamin C acts as a protective agent against lead.
- Excellent sources of Vitamin C are oranges, grapefruits, tomatoes, potatoes, broccoli, and berries.



Protect your child with good eating habits:

- Do not skip meals; empty stomachs will absorb lead

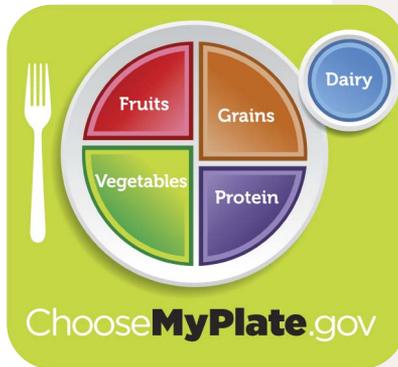
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- Protect your child with good eating habits?
 - Do not skip meals; empty stomachs will absorb lead.
 - Wash your child's hands well and often.
 - Wash fresh food properly.
 - Do not store or heat food in unsafe containers such as cans or glazed pottery that might contain lead.
 - Eat at a table or at a place where the child is not able to pick up food that has been dropped on the floor.



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- Keep in mind that good nutrition cannot fully prevent absorption of lead, but is very important to your child's overall health and wellness. For further information on ideas in preparing nutritious meals and snacks please visit www.ChooseMyPlate.gov



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Ohio Department of Health (ODH)
1-877-LEAD-SAFE
www.odh.ohio.gov

U.S. Environmental Protection Agency (EPA)
www.epa.gov

Centers for Disease Control and Prevention (CDC)
www.cdc.gov/environmental

**U.S. Department of Housing and
Urban Development (HUD)**
www.hud.gov/offices/lead/healthyhomes

National Center for Healthy Housing
www.nchh.org

Poison Control Center
1-800-222-1222
www.aapcc.org


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