

WHAT YOUR CHILD'S BLOOD LEAD TEST MEANS

Test Result: _____ $\mu\text{g}/\text{dL}$ Date: _____

Lead can harm a child's growth, behavior, and ability to learn. Most lead poisoning occurs when children lick, swallow or breath in dust from old lead paint. Most homes built before 1978 have lead paint, often under newer paint. If paint peels, cracks, or is worn down, the chips and dust from the old lead paint can spread residue onto floors, windowsills, and around your home. Lead paint dust can then get onto children's hands and toys and into their mouths.

Blood lead tests are recommended, and required under some providers, for children at age 1 year and again at age 2 years. For children up to age 6 years, your doctor or nurse should ask you at every well child visit about ways your child may have had contact with lead. Children who have had contact with lead should be tested.

Blood lead tests tell you how much lead is in your child's blood. **The lower the test result, the better.**

A blood lead level (BLL) of 3.5 $\mu\text{g}/\text{dL}$ or greater, from a fingerstick or a vein is considered elevated and requires additional follow-up. Follow the steps below and continue to have your child tested until lead levels return to less than 3.5 $\mu\text{g}/\text{dL}$.

Test Result In micrograms per deciliter ($\mu\text{g}/\text{dL}$)

NEXT STEPS

0-3.4

- There is very little lead in your child's blood.
- Your child may need another test within 6 months to a year. Ask your child's doctor when another test is needed.

3.5-19

- Your child's lead level is high. A result of 3.5 or higher requires follow-up.
- Your local county health department will talk with you about how to protect your child and may visit your home to help you find sources of lead exposure.
- Your doctor or nurse will talk with you about your child's diet, growth and development, and possible sources of lead exposure.
- Based on the Centers for Disease Control and Prevention's (CDC) recommendations for blood lead testing, your child should be tested again in 1 to 3 months.

20-44

- Your child's blood level is high.
- Follow the CDC's recommendations above for BLL 3.5-19.
- Your doctor may perform a physical exam or other tests, assessing the child for signs and symptoms related to lead exposure.
- Based on the CDC's recommendations for blood lead testing, your child should be tested again in 1 month or sooner depending on the blood lead level and your doctor's guidance.

45 or higher

- Your child needs immediate medical treatment.
- Your doctor or the local county health department will call you as soon as they get the test result.
- Your child may have to stay in a hospital, especially if your home has lead.
- Your local county health department will visit your home to help you find sources of lead exposure.
- Your child should not go back home until the lead sources are removed or fixed.
- Your child needs to be tested again after treatment

Scan the QR code to
find your local county
health department.



HOW TO PROTECT YOUR CHILD FROM LEAD

Keep Children Away from Lead Paint and Lead Dust.

- Lead-based paint in homes built before 1978 is a common source of lead in children.
- When old lead paint cracks and peels, it can create dangerous lead dust that can be breathed in or swallowed.
- Keep children away from areas where there is chipping and peeling paint or bare soil. Do not allow children to eat paint chips, eat soil, or chew on painted surfaces.
- Take off shoes before entering the home to prevent bringing lead-contaminated soil into your house.

Clean Up Dust and Wash Hands and Toys Often.

- Keep your home clean and dust-free. Mop floors often and use a wet paper towel to wipe down windowsills and other surfaces regularly. Do not dry sweep.
- Wash your child's hands often, especially before eating, sleeping and after playing outside.
- Wash toys, stuffed animals, pacifiers, and bottles with soap and water often.
- Clean carpets with a vacuum fitted with a High Efficiency Particulate Air (HEPA) filter. Avoid shaking out carpets and rugs.

Renovate Safely.

- Home repairs like sanding or scraping paint can make lead dust in homes built before 1978.
- Children and pregnant women should stay away from repairs that disturb old paint until area is cleaned. Use wet cleaning methods and a HEPA vacuum (not dry sweeping).
- Make sure lead-safe practices are used. If hiring a contractor, make sure the contractor is certified in lead-safe work or lead removal.

Don't Bring Lead Home from Job or Hobby.

- Some jobs and hobbies can expose your family to lead. These include working in construction, plumbing, foundries, welding, ammunition production, car repair, battery and metal recycling, and making fishing weights, stained glass, pottery, and jewelry.
- If you work with lead, change work clothes and wash face, hands and uncovered skin before going home. Take work shoes off at your door before you enter the home. Wash work clothes separately from other family member's clothes. Use personal protective equipment at work.

Provide Healthy Foods.

- Children should eat a well-balanced diet. Serve healthy foods:
 - Foods rich in calcium: milk, cheese, yogurt, tofu, and green-leafy vegetables.
 - Foods rich in iron: beans, lean meat, fortified cereal, and peanut butter.
 - Foods rich in vitamin C: oranges, strawberries, tomatoes, bell peppers, and potatoes.

Avoid Medicines, Cosmetics, and Other Products That May Contain Lead.

- Avoid using folk medicines, spices, cosmetics, and other products known to contain lead, especially if your child has an elevated blood lead level:
 - Some traditional medicines and home remedies from other countries that can contain lead include Daw Tway, Paylooah, Bali goli, Azarcon, Alarcon, and Greta.
 - Some spices brought in or sent from other countries can contain lead, including curry powder, turmeric, and chili powder.
 - Cosmetic products from the Middle East and Asia that may contain lead include Kohl, Kajal, Surma, Kumkum, and Sindoor.
 - Some imported glazed pottery and ceramics used for cooking or storing food may contain lead.

For more information and resources about lead contact your local county health department or visit [FloridaHealth.gov/Environmental-Health/Lead-Poisoning](https://www.floridahealth.gov/Environmental-Health/Lead-Poisoning)

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