

## Lead Poisoning is Preventable



Wash your child's hands before meals, snacks, and naps.



Repair chipping or peeling paint.



Wash toys, bottles, and pacifiers often.



Wet mop play areas.



Serve foods high in iron, calcium, and Vitamin C.



Avoid imported candy, toys, cosmetics, and home remedies.



Use cold tap water for drinking, cooking, and preparing bottles.



## Protect Your Kids from Lead Poisoning



Health and  
Human Services

Public Health

*Visit the Childhood Lead Poisoning Prevention Program page at [hhs.iowa.gov](https://hhs.iowa.gov) or call 1-800-972-2026 for more information about preventing childhood lead poisoning.*



Health and  
Human Services

Public Health

## What Causes Lead Poisoning?



Kids may be exposed to lead if they live in or visit homes built before 1978. Other sources of lead can be:

- ▶ Antiques
- ▶ Stained glass
- ▶ Home renovations
- ▶ Keys
- ▶ Fishing lures
- ▶ Imported candy
- ▶ Auto repairs
- ▶ Spices



Brass keys



Artisan pottery



Lead paint on  
old windows



Antiques

## What are the Symptoms of Lead Poisoning?



Most children with lead poisoning may not look sick, but some symptoms include:

- ▶ Easily excited
- ▶ More tired than usual
- ▶ Problems paying attention
- ▶ Irritability
- ▶ Upset stomach and vomiting
- ▶ Learning difficulties
- ▶ Headaches
- ▶ Weight loss
- ▶ Slowed growth
- ▶ Developmental delays



It's recommended that all children be tested at 12 and 24 months old and should be assessed for risk at every well child visit.

## How do blood lead tests work?

There are two types of blood lead tests: capillary and venous. A **capillary** test uses a small amount of blood from the finger to screen for lead, results are available within a couple of minutes. If the capillary test shows lead is present, a **venous** blood test, taken from the arm, will confirm blood lead levels.

## Understanding Your Child's Blood Lead Level

\_\_\_\_\_ has a capillary blood lead level of \_\_\_\_\_ micrograms per deciliter ( $\mu\text{g}/\text{dL}$ )

**For a Blood Lead Level Below  $3.5 \mu\text{g}/\text{dL}$ ,** no action is required. Remain aware of potential exposure to environmental lead hazards.

**For a Blood Lead Level Between  $3.5\text{-}9 \mu\text{g}/\text{dL}$ ,** ask your provider about identifying sources of lead and the importance of good nutrition and housekeeping.

**For a Blood Lead Level of  $10 \mu\text{g}/\text{dL}$  or higher,** your child needs additional follow up. See below for the correct retesting time.

## Your Child's Results

Result	Venous Test Date
0-14	Within 3 months
10-14	Within 3 months
15-19	Within 1 month
20-44	Within 1 week
45-69	Within 48 hours
70 or higher	IMMEDIATELY

Your child should be tested by this date: \_\_\_\_\_