

# PROTECT YOUR KIDS FROM LEAD POISONING!



Regular blood testing helps doctors and families discover lead poisoning so future exposure can be stopped. Test your child once a year, every year to keep them healthy!



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

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# WHAT YOUR CHILD'S VENOUS BLOOD LEAD LEVEL MEANS



# HOW DO BLOOD LEAD TESTS WORK?

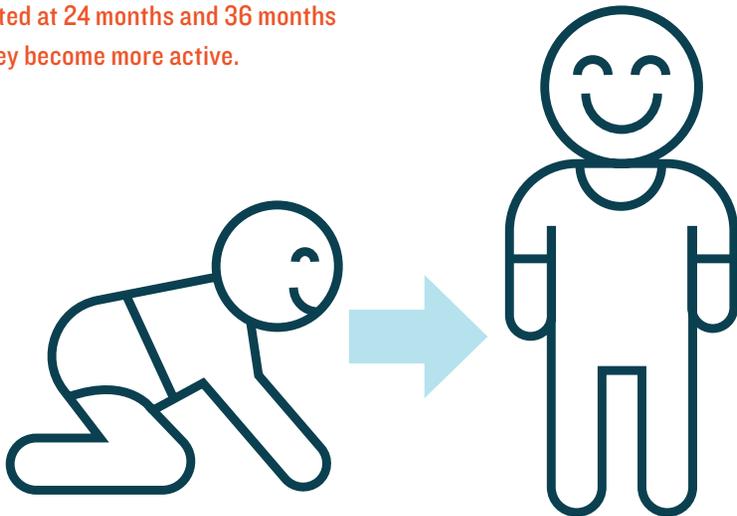
There are two types of blood lead tests used to see if your child has lead poisoning: capillary and venous. A venous blood lead test is a withdrawal of blood from the arm and is usually administered when a capillary lead test comes back showing high levels of lead. Venous tests are more accurate than capillary tests.

## WHY DOES MY CHILD NEED TO BE TESTED FOR LEAD?

Lead is highly toxic and can cause developmental delays, learning difficulties, headaches and more. Children exposed to lead may not look sick, so it is important that kids – especially toddlers – get tested at least once a year before they turn six.

The Iowa Department of Public Health recommends you have your child tested at 12 months of age and then retested at 24 months and 36 months as they become more active.

12 → 24 → 36



# WHAT DOES MY CHILD'S BLOOD LEAD LEVEL MEAN?

## AND WHAT ARE THE NEXT STEPS?

- < 5 micrograms per deciliter ( $\mu\text{g}/\text{dL}$ ) **Your child doesn't have a high blood lead level.** Talk with your doctor about when your child needs to be tested again.
- 5-9  $\mu\text{g}/\text{dL}$  **Your child's blood lead level is higher than normal.** Your doctor may provide information regarding lead poisoning and the importance of good nutrition, keeping your child's hands and face clean and housekeeping. Talk with your doctor about when your child needs to be tested again.
- 10-14  $\mu\text{g}/\text{dL}$  **Schedule a follow-up venous test within 3 months.** Ask your doctor for information regarding lead poisoning and the importance of identifying possible lead hazards in the home, good nutrition and hygiene and housekeeping.
- 15-19  $\mu\text{g}/\text{dL}$  **Schedule a follow-up venous test within 3 months.** Your doctor may send you to a dietitian who will make sure that your child is eating the right foods. Your child should also receive a test for iron deficiency.
- 20-44  $\mu\text{g}/\text{dL}$  **Your child should be tested again within 4-6 weeks.** Discuss the importance of good nutrition, keeping your child's hands and face clean and housekeeping with your doctor. The health department will contact you about your child and finding sources of lead around the home.
- 45-69  $\mu\text{g}/\text{dL}$  **Consult with your doctor for further guidance.** Your child may need to take medicine (chelation).

Before your child starts taking the medicine, a representative from your local lead program or the Iowa Department of Public Health will contact you to visit your home. They will conduct a home inspection to identify lead hazards and provide you with information and/or an action plan to stop further lead poisoning. Your child will need to be in a lead-safe place while taking chelation medicine.

- 70  $\mu\text{g}/\text{dL}$  or higher **This is a medical emergency.** Your child has lead poisoning that needs to be treated immediately. Talk to your medical provider for instructions, which may include taking your child to the hospital.

Someone from your local lead program or the Iowa Department of Public Health may contact you to visit the home and conduct a home inspection to identify lead hazards. A lead-safe place must be found for your child while they are taking chelation medication.

