

## Learn How to Protect Your Child

If you have a young child read this pamphlet and use the lead poisoning prevention checklist. This pamphlet answers the questions most parents ask about childhood lead poisoning. The checklist will help you protect your family. Know that lead poisoning can be prevented!

## A Special Message for Pregnant Women

If you are pregnant or planning a pregnancy avoid any place or activity that may expose you to lead. Lead can harm the growing fetus (baby).

### For more information contact:

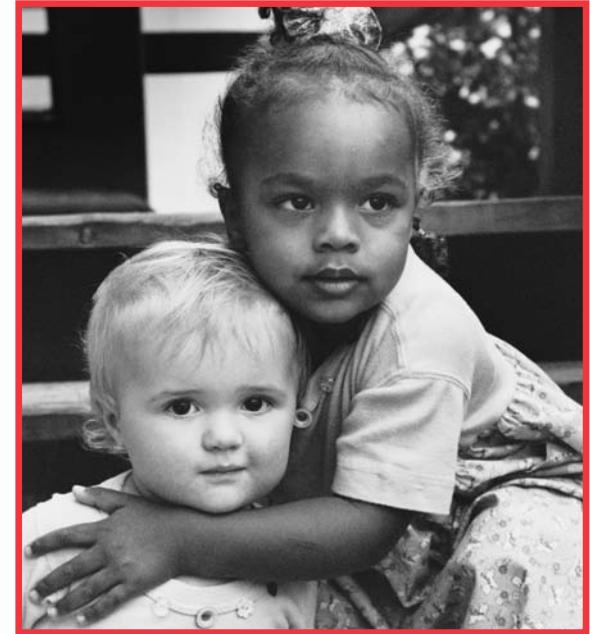
- ❖ NJDOH - Child & Adolescent Health Program  
(609) 292-5666
- ❖ [www.state.nj.us/health/fhs/newborn/lead.shtml](http://www.state.nj.us/health/fhs/newborn/lead.shtml)
- ❖ Your Local Health Department
- ❖ Your Child's Doctor or Health Care Center

## Lead Poisoning Prevention Checklist for Parents

- Wash your child's hands and face:
  - Before meals and snacks
  - Before naps and bedtime
  - After playing outside.
- Wash toys and pacifiers everyday.
- Wet wipe window wells and sills and floors at least once a week with a household detergent.
- Give your child regular meals with foods high in iron and calcium (lean meats, fortified cereals, beans, greens, eggs, milk and cheese).
- Let water run from the cold water faucet for 1 minute before using for drinking, cooking or preparing infant formula, juice or instant cereal.
- Keep your child away from peeling or chipping paint.
- Keep your child away from any place where paint is being removed. Do not return to that area until cleanup has been done.
- Call your local health department for information about safe removal and cleanup of paint.

PLACE  
STAMP  
HERE

## Questions Parents Ask About



# Childhood Lead Poisoning



**Chris Christie**  
Governor

**Kim Guadagno**  
Lt. Governor



**Mary E. O'Dowd, M.P.H.**  
Commissioner

## What is lead poisoning?

Lead poisoning means there is too much lead in the body. All children and adults are exposed to some lead from the air we breathe, the water we drink, and the food we eat.

Infants and toddlers are exposed to more lead than older children and adults because they are curious and enjoy hand-to-mouth activities.

## Why is lead harmful?

Lead can hurt your child's growing brain and nervous system.

In children under age 6, lead can cause slow growth, slow learning, and behavior problems that may not show up right away.

The longer your child is exposed to lead the more damage it does.

## Where does lead come from?

Lead is a metal found naturally in the earth. Lead still has some uses in industry, but there is no use for lead in our bodies.

The most common sources of lead are old paint and lead in dust and soil.

If your home was built before 1978 it may contain lead-based paint.

Lead in dust and soil are major sources of exposure for all children because it gets on their hands, toys and pacifiers.

Repairing an old house or apartment can increase your family's exposure to lead dust.

Young children also can get high doses of lead from eating peeling, chipping paint on walls, woodwork and window sills.



## Are there other sources of lead?

- Some occupations and hobbies use or remove lead
- Some folk medicines and cosmetics
- Some consumer products--toys, children's jewelry, and pottery

For more information on consumer products that contain lead go to: [www.cdc.gov/nceh/lead/recalls](http://www.cdc.gov/nceh/lead/recalls)

## How can I find out if my child has too much lead?

A blood test is the only way to find out if your child has too much lead.

The blood test may be done by a simple fingerstick. If the results show too much lead, a blood test done from the vein must be done to confirm that the lead level is too high.

## When should my child be tested for lead?

- Every child should be tested at 12 months of age and again at 24 months. Some high risk children may need to be tested earlier (at 6 months) and more often until 6 years.
- Children aged 3 to 5 years who have never had a blood test.
- If at any time you or your family are exposed to lead get a blood test.

## Where can I get my child tested for lead?

Your child's doctor or local health care center will be able to test or arrange testing for lead during routine checkups.

Your local health department can test children who do not have health insurance.

## What do the test results mean?

### Blood lead levels under 5 ug/dL:

Most children and adults have test results under 5 ug/dL. It is important to keep blood lead levels as low as possible. Use the lead poisoning prevention checklist.

### Blood lead levels 5-9 ug/dL:

These results are higher than average. It is important to keep blood lead levels as low as possible. Use the lead poisoning prevention checklist.

### Blood lead levels between 10 and 14 ug/dL:

Your child will need to be retested in 1-3 months. Your local health department may provide nurse case management and check your home for lead.

### Blood lead levels between 15 and 44 ug/dL:

These results need urgent follow-up. Your local health department will provide nurse case management and check your home for lead. Keep your appointments with your doctor or health care center for repeat tests.

### Blood lead levels 45 ug/dL or over:

These results need emergency follow-up. Your doctor or health care center will tell you to go to the hospital for medical treatment. Your local health department will provide nurse case management and check your home for lead. Keep your appointments with your doctor or health care center for repeat tests.

*ug/dL means micrograms per deciliter*