

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 finger stick. If the results show too much lead, a blood test done from the vein will be used to confirm that the lead level is too high.

When should my child be tested for lead?

Even children who appear healthy may have high levels of lead. Testing is the only way to tell if a child has high lead levels.

Test your child yearly until they turn 6.

What do the test results mean?

The amount of lead in your child's blood test is shown by a number. Most children and adults have blood test results under 9.5 ug/dL. It is important to keep blood levels as low as possible.

If your child's blood lead level is above 9.5ug/dL you will receive a letter from the Douglas County Health Department and your child will need to be retested. The Douglas County Health Department can check your home and all the places where your child spends time for lead sources.

It is important for you to follow up with the Douglas County Health Department and your child's health care provider.

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 lead. 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 to get pregnant, avoid any place or activity that may expose you to lead. Lead can pass from the mother and harm the growing fetus (baby).

Remember...

Most children with too much lead in their bodies do not act or look sick!

The most important prevention and treatment for lead poisoning is to reduce the amount of lead your child is exposed to every day.



Childhood Lead Poisoning Prevention Program

English (402) 444-7825

Spanish (402) 444-1881

www.douglascountyhealth.com

Questions on How to Protect Your Child from Lead Poisoning



What is lead poisoning?

Lead poisoning means there is too much lead in the body. Infants and toddlers are exposed to more lead than older children and adults because they are curious and enjoy hand-to-mouth activities.

Lead enters a child's body every time they breathe in fumes or dust, or swallow something that has lead in it.

The good news is that lead poisoning can be prevented.

Why is lead harmful?

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

In children under six years, 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.

What are the sources of lead poisoning?

The main sources of lead poisoning are:

- Chipping and peeling lead based paint (usually in homes built before 1978)
- Soil
- Dust and dirt especially around windows and entry doors

Other sources of lead include:

- Candy from other countries
- Toys
- Clay pots or dishes used for cooking, serving or storing food
- Keys
- Jewelry
- Bring home lead from household members' jobs or hobbies that involve lead

Lead Poisoning Exposure Prevention Checklist



Keep children away from chipping and peeling paint. Keep your home in good shape or report problems to landlord.



Leave shoes at the door to keep dust and soil from entering your home.



Wash your child's hands and face frequently especially before eating, naptime and bedtime.



Wash toys and pacifiers everyday.



Give your child healthy meals and snacks that are high in protein, iron, calcium, and vitamins A & C daily.



Do not store food in open lead-containing cans, ceramic dishes with lead glaze, pewter, or crystal.



Keep dust off floors, window sills and other surfaces by using wet mops and wet cloths.



Do not give your child imported candy.



Cover bare soil spots in the yard with grass, plants, or ground cover.



Change your clothes at work and wash work/hobby clothes separately.



Do not let kids put jewelry, even children's jewelry (necklaces, bracelets, etc), in their mouths. Jewelry may contain lead.



All keys have lead. Do not give a child house or car keys to play with. Wash your hands after handling keys.

