



What Can You Do to Protect Your Child From Lead?

Name

Date of Birth

Lead is a poison. It can harm your child's brain, kidneys, and other organs. Lead can make it hard for a child to learn and behave. Lead is harmful even in very small amounts, and it is most dangerous for young children.

Children with lead in their bodies usually do not look or act sick. Your child may not tell you that he or she feels bad. A blood lead test is the only way to know if there is lead in your child's body.

Most children in California have a blood lead level less than 5µg/dL.

☐ Your child must get a blood test for lead.

Go to _____ to get your child tested.

Children who may come into contact with lead should have a blood test to check for lead when they are 1 and 2 years old. By taking the steps shown on the back of this page, you can help keep your child safe from lead.

☐ Your child had a blood test for lead on _____. His/Her blood lead level was _____.

This is not a high blood lead level, but it is important to keep your child away from lead. You can take the steps shown on the back of this page to help keep your child safe from lead.

☐ Your child had a blood test for lead on _____. His/Her blood lead level was _____. It is important that you take the steps on the back of this page to keep your child away from lead.

Make sure that your child has another blood lead test in _____ months.

Take these steps to help keep your child safe from lead

Lead may be in...	What can you do?
Old paint inside or outside the home — most lead paint is in homes built before 1978	Move cribs, high chairs, and playpens away from cracked or peeling paint. Do not allow your child to chew on windowsills or other painted surfaces. Call your local lead poisoning prevention program about testing paint for lead.
Dust on windowsills, floors, and toys	Wet mop floors and wet wipe windowsills and other surfaces. Wash toys often. Wash children's hands before eating and sleeping.
Dirt outside your home	Cover bare dirt with stones, grass, plants, or gravel. Wipe shoes or take them off BEFORE going in the house.
Clothing or hair if you work around lead	Shower and change clothes BEFORE coming home from work and BEFORE holding your child.
Pottery and dishes made outside of the US, in places such as Mexico or China	Call your local lead poisoning prevention program for more information about testing pottery and dishes for lead.
Natural Remedies • Azarcon — orange or yellow powder • Greta — orange or yellow powder • Paylooah — red powder	Do not let anyone give natural remedies to your child. Ask your doctor to help you find other remedies.
Some cosmetics • Surma • Kohl • Khali	Do not use these on children. Call your local lead poisoning prevention program about testing cosmetics for lead.
Inexpensive jewelry for children	Do not allow young children to play with or touch these items.
Some candies from Mexico	Choose healthy snacks for your child, like fresh fruits, vegetables, lean meats, and dairy products.
Other items, like: • Fishing sinkers • Bullets • Stained glass-making kits	Keep these items away from your child. Wash hands well after touching these items.

For more information about keeping your child safe from lead, call your local lead poisoning prevention program.

