

Additional information may be found at:

Consumer Product Safety Commission

<http://www.cpsc.gov>

Imported Candy

<http://leadinmexicancandy.com>

National Lead Information Center

1-800-424-LEAD (1-800-424-5323)

EPA Safe Drinking Water Hotline

1-800-426-4791

US Department of Housing and

Urban Development

<http://hud.gov>

## About Your Child's Lead Level



**Forsyth County**  
*Department of Public Health*

Childhood Lead Poisoning Prevention Program

799 N. Highland Ave

PO Box 686

Winston-Salem, NC 27102

336-703-3174

[www.forsyth.cc/PublicHealth/  
EnvironmentalHealth/lead](http://www.forsyth.cc/PublicHealth/EnvironmentalHealth/lead)

Forsyth County  
Department  
of Public Health  
336-703-3174

## Why learn about your child's lead level?

### Lead can be very harmful to children.

- Lead may damage a child's brain and nervous system causing learning, speech, behavior and hearing problems that can not easily be reversed and are likely to last a lifetime.
- The effects of lead poisoning can not always be seen.
- Extremely high levels of lead may cause coma, convulsions and death.

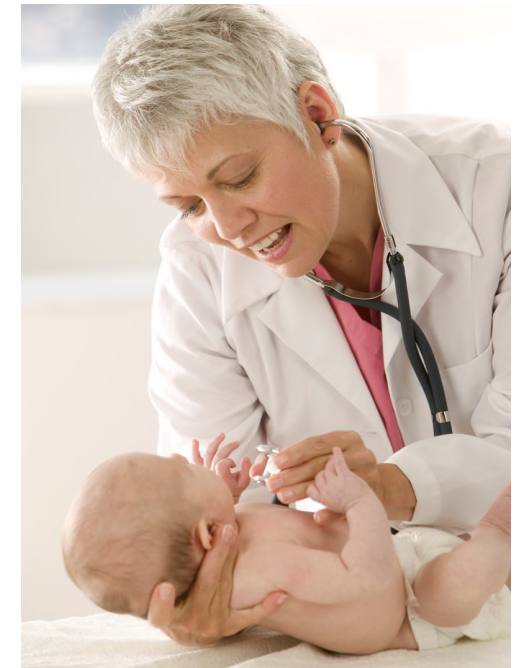
### Lead may be around your home.

There are many possible sources, including paint, dust, soil, water, or mini-blinds. Some traditional home remedies or cosmetics, handmade pottery, imported candies, hobby



## Lead screening can check lead levels in your child's blood.

- All children under the age of 6 should be tested at ages 1 and 2, or at least one time before the age of 6
- Lead poisoning affects over 4 million households nationwide
- Lead poisoning can effect both children and adults
- If you live in or your child visits a home built before 1978, your child could be at risk for lead poisoning
- Children become lead poisoned by hand to mouth ingestion of lead contaminated dust, soil or paint chips



## Understanding

### Test Results

If the blood lead level is:	A Child Needs
0-4 µg/dL*	No further action. Rescreen as recommended.
5-7 µg/dL	Follow-up test within 3 months. Offer investigation to identify and control lead Hazards
8-19 µg/dL	Follow-up testing within <b>one</b> month. Investigation to identify and control lead hazards is <b>Required</b> .
20-44 µg/dL	Above actions, plus: Medical evaluation and care as needed, all started within <b>one week</b> of confirmation.
45-69 µg/dL	Above actions, all started within <b>48 hours (2 days)</b> of confirmation.
70 µg/dL or higher	Above actions, plus: Immediate hospitalization and medical treatment.

\*µg/dL means micrograms of lead per deciliter of blood

### For levels of 5 µg/dL and up:

- A second test is needed to confirm the results
- Parents should receive information about

**Note:** The blood lead levels and the follow-up testing schedule is based on the Forsyth County Board of Health Childhood Lead Poisoning Prevention Rules effective January 1, 2009.

## How lead enters the body

- Lead dust may be on your child's fingers or hands or other objects that they put in their mouth
- Your child may put paint chips or soil in their mouth that contains lead
- Children and adults can breath lead dust into their body from dry scraping or sanding that may be taking place



## Treatment for elevated lead levels

Your child's doctor may suggest:

- Limit child's access to possible sources
- Specialized cleaning
- Wash hands frequently
- Eat healthy foods
- Follow-up care

**It is very important to have all follow-up tests or treatments, even if your child seems well.**

## Help your child

### stay safe from lead.

### Have paint, water and soil tested.

If lead paint removal is needed, hire trained and certified professionals to remove it. Do not do it yourself. Keep children away from the area. Pregnant women should also stay away.



### Keep your home clean.

- Use a solution of warm water and cleaner to wet-mop floors and wipe window sills and other surfaces. You can use a general all-purpose cleaner or a "lead-specific" cleaner. Be sure to wipe down all surfaces thoroughly. Don't reuse cloths or sponges on surfaces such as dishes or counters.
- Don't dry-dust, sweep or use a vacuum without a HEPA filter on hard surfaces. Don't shake or beat rugs or carpets. The National Lead Information Center can tell you how to safely clean them.
- If you work around lead, shower and change before coming home. Wash work clothes separately. Follow all safety guidelines for cleaning and storing work clothes and equipment.
- Wipe dirt off shoes before coming inside. Or leave shoes outside the door.
- Read labels on hobby and craft materials to be sure they don't contain lead.
- Replace imported vinyl mini-blinds made before 1997. They may release lead dust as they age. Only buy mini-blinds that say they are lead-free.

## Keep an eye on your child.

- Don't let your child play in areas where there is loose or chipping paint, or eat paint chips.
- Discourage your child from putting things that fall on the floor or ground into their mouth, because it may pick up lead dust.
- Wash bottles, toys and pacifiers often.
- Find safe play areas. Lead-free sand or grass is generally better than bare dirt.
- Teach your child to wash their hands before meals and after playing outside.
- Feed your child 3 healthy meals a day. Give foods high in iron, calcium and Vitamin C and D, and low in fat. These foods can help your child's body absorb less lead.
- Use drinking and cooking water only from the cold tap. But first, run it for at least 15 to 30 seconds. Run it for 1-2 minutes if it hasn't been used for a few hours.
- Don't store food in pottery, ceramics, lead crystal or open cans.



You can help your child grow up lead-safe. Start taking steps now.