



LEAD AND CHILDREN

Children are at a Special Risk for Lead Poisoning

Is My Child At Risk For Lead Poisoning?

The only way to know if your child is poisoned is to get a blood lead test. It is recommended that children be tested for lead at ages one and two. Test your child if exposed to any of these risk factors:

- Living in or visiting a home built before 1978 with lead hazards or ongoing repairs
- Attending a daycare built before 1978 with lead hazards or ongoing repairs
- Spending time with a sibling, relative, or playmate with lead poisoning
- Spending time with an adult who works with lead in a job or hobby (ex. fishing, painting, auto repair)
- Eating or drinking food stored in glazed pottery or leaded crystal
- Using traditional home-remedies & imported products (ex. Kohl, Azarcon, Alarcon, Greta, Pay-loo-ah)
- Swallowing or mouthing toys, small metal charms, keys, trinkets & jewelry
- Playing in contaminated soil

SYMPTOMS OF LEAD POISONING

Most children with lead poisoning DO NOT look sick

The only way to know if your child has lead poisoning is to get tested. Some children might experience:

- Stomach aches, headaches, trouble paying attention, Irritability, or issues with eating and sleeping

LONG-TERM EFFECTS

Lead can affect all parts of the body and mind



- Poor school performance & lower test scores
- Hearing & speech problems
- Slowed growth & development
- Hyperactivity & aggression problems
- Damage to the brain, kidneys & nerves

PROTECTING YOUR CHILD

Remove the lead source and look out for lead hazards

Lead poisoning occurs when children ingest or inhale lead

- Have your home tested for lead (test soil and water too)
- Use a HEPA vacuum and disposable rags to clean lead dust
- Keep children away from lead paint & dust
- Wash hands, toys & pacifiers often
- Avoid imported foods & candies (i.e. Mexican candies)
- Don't allow children to mouth metal charms, keys, trinkets & jewelry—they may contain lead

Provide early intervention & stimulation

- Enroll children in early childhood education programs such as Head Start, childcare, preschool, and play groups to stimulate learning
- Read to & play games with your child

If you live in a rental property...

- Inform your landlord if your child has an elevated blood lead
- Do not remove lead on your own, notify your landlord instead
- Remember, you can NOT be evicted for having a lead poisoned child



LEAD POISONING



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What Do Blood Lead Levels Mean for Your Child's Health

Any amount of lead is dangerous and can cause health and behavioral problems at all ages. A blood test is the only way to tell if your child has lead poisoning. All children should be tested at 1 and 2 years old. A capillary finger stick is quick and can be done in the doctor's office, but is not as sensitive as the venous arm test.

Confirm a capillary blood lead test with a venous test.

Blood Lead Level (micrograms/deciliter)	Capillary or Venous	When to Retest	What can I do to help?
<5	C	Retest annually from the time they crawl to 6 years based on risk	<ul style="list-style-type: none"> • Talk to your child's doctor • Feed child foods high in Calcium, Iron & Vitamin C • Wash hands frequently • Clean floor and window sills with disposable wipes or wet mop • Look out for "Take-Home" lead and other lead sources
	V		
5-9	C	Retest in 3-6 months if under 3 years, otherwise retest based on risk	Continue with above AND <ul style="list-style-type: none"> • Control known lead hazards • Keep up good nutrition (Calcium, Iron & Vitamin C) • Consider testing other children in the home
	V		
10-19	C	Confirm within 1 month	Continue with above AND <ul style="list-style-type: none"> • Test siblings younger than 6 yrs • Ensure child has proper diet • Follow up by NH HHLPPP will provide education, case management, and environmental assessment • Consider developmental evaluation if elevated blood lead levels persist
	V	Retest within 3 months if under 3 years, otherwise retest based on risk	
20-44	C	Confirm within 1 week	Continue with above AND <ul style="list-style-type: none"> • Remove child from lead hazards
	V	Retest every 1-2 months until <20 mcg/dL	
45 -69	C	Confirm within 48 hours	Continue with above AND <ul style="list-style-type: none"> • Child needs immediate treatment and may need hospitalization • Chelation may be necessary • Ensure child returns to a lead safe environment
	V	Seek immediate medical attention and test weekly afterwards	
≥70	C	Confirm IMMEDIATELY	Continue with above AND <ul style="list-style-type: none"> • TAKE CHILD TO HOSPITAL FOR TREATMENT!
	V	Medical emergency, chelation treatment	

