

# Getting Your Child Tested for Lead

## Blood Lead Testing Instructions

This form provides a space for health care providers to instruct families about needed blood lead testing, and is intended to be used along with a blood lead testing record and a list of sources.

CHILD \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

PROVIDER \_\_\_\_\_ OFFICE PHONE \_\_\_\_\_

Lead is a poison. Lead is harmful, even in very small amounts. It is most dangerous for young children. Children with lead in their bodies usually do not look or act sick.

### What do I do?

A blood lead test is the only way to know if there is lead in your child's body. Follow the instructions below carefully and ask your doctor if you have questions. Ask for a list of possible sources of lead. If your child has come in contact with any of them, tell your doctor and ask if a blood test is needed.

Remember to bring this sheet to your next visit!

### Parents:

- This sheet is for your health care provider to use in case your child needs a blood lead test(s).
- Be sure to obtain a blood lead testing record and list of sources from your health care provider.
- Keep all documents related to testing for lead together.

DATE \_\_\_\_\_

No blood test for lead is needed today.  Your child must get a blood test for lead today.

Your child must return for a blood lead test on \_\_\_\_\_.

*If a test is needed, test must be done on time. Results will be written on the Blood Lead Testing Record.*

### If Your Child Needs to be Tested...

Test will be done in this office

Bring your child here:  
(Make sure you get a lab order before you leave.)

LAB _____
ADDRESS _____
CITY _____ ST _____ ZIP _____ PHONE _____

DATE \_\_\_\_\_

No blood test for lead is needed today.  Your child must get a blood test for lead today.

Your child must return for a blood lead test on \_\_\_\_\_.

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- Bring your child here:  
(Make sure you get a lab  
order before you leave.)

LAB \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

DATE \_\_\_\_\_

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ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

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ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

Remember to bring this sheet to your next visit!

# Getting Your Child Tested for Lead

## Blood Lead Testing Record

This form provides a space for health care providers to record blood lead test results for their patients, as well as other information that it is important for families to know.

**Parents: Ask your health care provider for a list of sources of lead. Tell your health care provider if your child has come in contact with any of them.**

### Blood Lead Test Results

DATE	RESULT	TYPE OF DRAW		NOTES
	_____ mcg/dL	<input type="checkbox"/> Capillary	<input type="checkbox"/> Venous	
	_____ mcg/dL	<input type="checkbox"/> Capillary	<input type="checkbox"/> Venous	
	_____ mcg/dL	<input type="checkbox"/> Capillary	<input type="checkbox"/> Venous	
	_____ mcg/dL	<input type="checkbox"/> Capillary	<input type="checkbox"/> Venous	
	_____ mcg/dL	<input type="checkbox"/> Capillary	<input type="checkbox"/> Venous	
	_____ mcg/dL	<input type="checkbox"/> Capillary	<input type="checkbox"/> Venous	
	_____ mcg/dL	<input type="checkbox"/> Capillary	<input type="checkbox"/> Venous	

### Other Information (Exposures / Assessments / Treatments)

DATE	AGE	NOTES

**Remember to bring this sheet to your next visit!**



# What are some sources of lead?

Talk to your health care provider if you or your child comes in contact with any of these possible sources of lead.



Possible Sources of Lead	What You Can Do...
<ul style="list-style-type: none"> <li>◆ Old paint inside or outside the home (Most lead paint is in homes built before 1978)</li> </ul>	<ul style="list-style-type: none"> <li>◆ Move cribs, high chairs, and playpens away from cracked or peeling paint.</li> <li>◆ Do not allow children to chew on windowsills or other painted surfaces.</li> <li>◆ Call <a href="http://tinyurl.com/CLPPP-LIST">local lead poisoning prevention program</a> (tinyurl.com/CLPPP-LIST) about testing paint for lead.</li> </ul>
<ul style="list-style-type: none"> <li>◆ Dust on windowsills, floors, and toys</li> </ul>	<ul style="list-style-type: none"> <li>◆ Wet mop floors and wet wipe windowsills and other surfaces.</li> <li>◆ Wash toys often.</li> <li>◆ Wash children's hands before eating and sleeping.</li> </ul>
<ul style="list-style-type: none"> <li>◆ Dirt outside the home</li> </ul>	<ul style="list-style-type: none"> <li>◆ Cover bare dirt with stones, grass, plants, or gravel.</li> <li>◆ Wipe shoes or take them off BEFORE going in the house.</li> </ul>
<ul style="list-style-type: none"> <li>◆ <a href="http://tinyurl.com/EPA-LEAD-H20">Drinking Water</a> (tinyurl.com/EPA-LEAD-H20)</li> </ul>	<ul style="list-style-type: none"> <li>◆ For cooking or drinking, let water run until cold before using.</li> <li>◆ Do not use a water crock unless it has been tested and found to be lead free.</li> </ul>
<ul style="list-style-type: none"> <li>◆ Take-home exposure from shoes/clothing/hair if family member works around lead on the job or at home, such as auto repair, metalworking, and battery or scrap metal recycling.</li> </ul>	<ul style="list-style-type: none"> <li>◆ Shower and change clothes BEFORE coming home from work, if possible, and BEFORE holding your child. Remove work clothes and shoes and store them in a plastic bag. Wash work clothes separately from other clothes.</li> </ul>
<ul style="list-style-type: none"> <li>◆ Some dishes or pots that are worn or antique, from a discount or flea market, made of crystal, handmade, or made outside the USA</li> </ul>	<ul style="list-style-type: none"> <li>◆ Call <a href="http://tinyurl.com/CLPPP-LIST">local lead poisoning prevention program</a> (tinyurl.com/CLPPP-LIST) for more information about testing dishes and pots for lead.</li> </ul>
<p><b>Traditional remedies, such as:</b></p> <ul style="list-style-type: none"> <li>◆ Azarcon and Greta – orange or yellow powder</li> <li>◆ Paylooah – red powder</li> <li>◆ Some Ayurvedic or traditional Chinese remedies</li> </ul>	<ul style="list-style-type: none"> <li>◆ Do not let anyone give “natural” or traditional remedies to your child without talking to your health care provider first.</li> </ul>
<p><b>Some traditional cosmetics and other substances applied to the skin, such as:</b></p> <ul style="list-style-type: none"> <li>◆ Surma</li> <li>◆ Kohl</li> <li>◆ Sindoor</li> </ul>	<ul style="list-style-type: none"> <li>◆ Do not use these products on your child.</li> <li>◆ Call <a href="http://tinyurl.com/CLPPP-LIST">local lead poisoning prevention program</a> (tinyurl.com/CLPPP-LIST) about testing traditional cosmetics, ritual powders, and other substances applied to the skin.</li> </ul>
<p><b>Altars for religious ritual containing:</b></p> <ul style="list-style-type: none"> <li>◆ Ritual powders</li> <li>◆ Brass and some other metal, ceramic, or painted items</li> </ul>	<ul style="list-style-type: none"> <li>◆ Place altars with these types of items where your child can't get to them.</li> <li>◆ Don't let your child handle or mouth these items.</li> <li>◆ Use separate cleaning supplies to clean these items.</li> </ul>
<p><b>Some costume jewelry, amulets, and keys</b></p>	<ul style="list-style-type: none"> <li>◆ Do not allow your child to play with, mouth or touch these items.</li> </ul>
<p><b>Some foods and spices, such as:</b></p> <ul style="list-style-type: none"> <li>◆ Some candies (especially imported)</li> <li>◆ Chapulines (grasshopper snacks)</li> <li>◆ Some imported spices, such as turmeric, chili powder, Khmeli Suneli</li> <li>◆ Game meat containing lead shot</li> </ul>	<ul style="list-style-type: none"> <li>◆ Be aware of foods and spices that might contain lead.</li> <li>◆ Offer your child meals and snacks including a variety of vegetables, fruit, legumes, seeds, nuts, whole grains, unprocessed meats, and dairy products or dairy substitutes without added sugar.</li> </ul>
<p><b>Other items, such as:</b></p> <ul style="list-style-type: none"> <li>◆ Fishing sinkers, bullets, pellets, and solder</li> <li>◆ Some art supplies and sewing chalk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Keep these items away from your child.</li> <li>◆ Wash hands well after touching these items.</li> <li>◆ Do not heat, melt, cast or file any metal items at home.</li> </ul>
<p><b>Spends time at firing ranges</b></p>	<ul style="list-style-type: none"> <li>◆ Children and adolescents who spend time at firing ranges should be tested for lead.</li> <li>◆ Use lead free ammunition.</li> <li>◆ Do not eat or drink at a firing range.</li> <li>◆ After shooting, immediately wash your hands and face with soap and water.</li> <li>◆ Change clothes and shoes before going home / Wash those clothes separately.</li> </ul>
<p><b>Retained bullets and shrapnel</b></p>	<ul style="list-style-type: none"> <li>◆ Consult with your health care provider about ongoing testing and monitoring.</li> </ul>
<p><b>Lives or spends time near:</b></p> <ul style="list-style-type: none"> <li>◆ Major roadways or freeways</li> <li>◆ A former or current lead or steel smelter, or a foundry or industrial facility that historically emitted or currently emits lead</li> <li>◆ A general aviation airport used by small aircraft</li> </ul>	<ul style="list-style-type: none"> <li>◆ Tell your health care provider if your child lives or spends time near these types of roadways or facilities.</li> <li>◆ Do not let your child play or spend time near these types of roadways or facilities.</li> </ul>