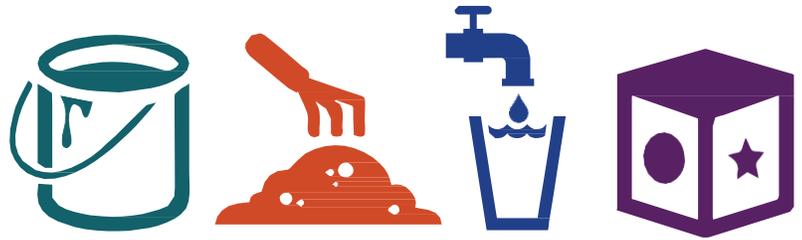


# What Your Child's Blood Lead Test Means

Lead exposure happens when children come in contact with lead in the air, in dust and in lead paint. Lead can also be found in soil, drinking water if supplied by lead pipes and certain home remedies. Lead is used for some jobs and hobbies.



**Lead is a serious health threat.**

<b>LEAD RESULT</b> <small>in micrograms per deciliter (mcg/dL)</small>	<b>WHAT YOUR RESULT MEANS</b>	<b>NEXT STEPS</b>
<p>A fingertip prick with a result greater than or equal to 5 (mcg/dL) should be retested with a second test using blood from a vein.</p>		
<b>LESS THAN 5</b>	<p><b>There is little or no lead in your child's blood.</b></p> <p><i>Most children in the U.S. have a level &lt;5.</i></p>	<ul style="list-style-type: none"> <li>• Talk to your doctor about when to retest your child to make sure their level is not going up.</li> <li>• Learn about safe cleaning, healthy foods, and keeping your child lead-free at <a href="http://www.michigan.gov/lead">www.michigan.gov/lead</a></li> </ul>
<b>5-14</b>	<p><b>Your child has had some exposure to lead.</b></p>	<ul style="list-style-type: none"> <li>• See your child's doctor to review your child's lead test.</li> <li>• Call your local health department or the Lead Safe Home Program to learn about having your home inspected for lead.</li> <li>• Learn about safe cleaning, healthy foods, and keeping your child lead-free at <a href="http://www.michigan.gov/lead">www.michigan.gov/lead</a></li> <li>• Follow-up with your doctor for a retest in 1-3 months to make sure your child's lead level is not going up.</li> </ul>
<b>15-44</b>	<p><b>Your child's lead level is high.</b></p>	<ul style="list-style-type: none"> <li>• Contact your child's doctor immediately.</li> <li>• Call your health department to have your home inspected for lead.</li> <li>• Learn about safe cleaning, healthy foods, and keeping your child lead-free at <a href="http://www.michigan.gov/lead">www.michigan.gov/lead</a></li> <li>• Follow-up with your doctor for a retest in 1 month to make sure your child's lead level is not going up.</li> </ul>
<b>45 OR HIGHER</b>	<p><b>Your child needs to see a doctor right away.</b></p>	<ul style="list-style-type: none"> <li>• Contact your child's doctor immediately.</li> <li>• Call your health department to have your home inspected for lead.</li> <li>• You should not take your child home until the source of lead is found and fixed.</li> <li>• Your child will need regular retests and medical monitoring.</li> </ul>

**Questions? Contact MICLPPP 517-335-8350  
or the Lead Safe Home Program 866-691-5323**

# LEAD poisoning



## 5 Things you can do to help lower your child's lead level.

If your child has a high lead level, there are things you can do at home to help.

- 1 Make a plan with your doctor.**  
Work together with your doctor to find the best treatment for your child. Ask questions if you don't understand something.

### You may need to:

- Go back for a second lead test.
- Test your child for learning and development problems. This test is called a "developmental assessment."

- 2 Find the lead in your home.**  
Most children get lead poisoning from lead paint in homes built before 1978. It is important to find and fix lead in your home as soon as possible. Have your home inspected by a licensed lead inspector.

Don't remodel or renovate until your home has been inspected for lead. Home repairs like sanding or scraping paint can make dangerous lead dust.

**3**

### Clean up lead dust.

When old paint cracks and peels, it makes lead dust. Lead dust is so small you cannot see it. Children get lead poisoning from swallowing dust on their hands and toys.

- Use wet paper towels to clean up lead dust.
- Clean around windows, play areas, and floors.
- Wash hands and toys often with soap and water. Always wash hands before eating and sleeping.
- Use contact paper or duct tape to cover chipping or peeling paint.

**4**

### Give your child healthy foods.

Feed your child healthy foods with calcium, iron, and vitamin C. These foods may help keep lead out of the body.

- Calcium is in milk, yogurt, cheese, and green leafy vegetables like spinach.
- Iron is in lean red meats, beans, peanut butter, and cereals.
- Vitamin C is in oranges, green and red peppers, and juice.

**5**

### Learn more. Get support.

Contact your local health department. Trained staff will answer your questions and connect you to other resources in your community.

Dealing with lead poisoning can be stressful. Be sure to ask for support. You may want to talk to other parents who have children with lead poisoning.

**Contact us for more information:**



# A Homeowner and Renter's Guide to Safe Cleaning of Lead Paint Chips and Dust

## STEP ONE: Prepare Supplies

1

**Prepare.** Gather rubber gloves, throw-away wipes or towels, garbage bags, spray bottle with soap and water, and mop.

**Use supplies you can throw away.** Use soapy cleaners or products made to remove lead dust.

**Don't use a vacuum unless it is a HEPA vacuum.** A regular vacuum will spread lead dust into the air. Some health departments have HEPA vacuums available to borrow.



## STEP TWO: Remove Paint Chips

2



**Remove paint chips.** Window areas and porches often have peeling paint and lead dust. Pick up the paint chips you can see and throw them away in a plastic bag.

## STEP THREE: Wet & Wipe Surfaces

3

**Always spray window sills with soap and water and wet-mop floors.** Do not use a broom to sweep lead dust. Throw away wipes after cleaning each area.



## STEP FOUR: Mop

4



**Mop** with a disposable mop head or paper towel to wipe away suds.

## STEP FIVE: Clean Often

5

**Change towels often** until no paint chips, dust or dirt can be seen. Put garbage in a plastic bag, and seal with tape or a knot. The sealed bag can be disposed of with normal trash for pickup.

**Repeat these steps weekly,** or when dirt and dust appear on floors, porches, window wells, window sills, stairs or children's play areas.





WELL FED  
MEANS  
LESS LEAD

## LEAD CAN HURT YOUR FAMILY.

Lead is a metal that our bodies don't need. Too much lead in our bodies can cause problems, especially for children. Children exposed to too much lead may not look or act sick, but may have problems with growth and learning. Talk with your doctor to see if you or your child should be tested for lead.



## FOR MORE INFORMATION ON NUTRITION AND LEAD, CONTACT:



Michigan Department of  
Health and Human Services  
517-335-8885 or visit:  
[www.michigan.gov/lead](http://www.michigan.gov/lead)

The National Lead Information Center  
1-800-424-LEAD (424-5323)

Or visit the web site [www.choosemyplate.gov](http://www.choosemyplate.gov)

This institution is an equal opportunity provider.  
March 2016



# PROTECT YOUR FAMILY FROM LEAD WITH HEALTHY FOODS!

Good nutrition is one way to protect your family from lead. From the start, breast milk provides the best nutrition and many health benefits for babies.

For children and adults, three key nutrients can play a role in protecting the body from the harmful effects of lead: **calcium**, **iron**, and **vitamin C**. These nutrients help the body absorb less lead and are part of a healthy diet. Choose a variety of foods daily.



## SOURCES OF CALCIUM INCLUDE:

- Milk
- Yogurt
- Cheese
- Cottage Cheese
- Pudding
- Calcium fortified orange juice
- Dark, leafy green vegetables

## SOURCES OF IRON INCLUDE:

- Iron fortified cereals
- Legumes (peas, beans, lentils)
- Dried fruits
- Lean red meats, fish, chicken, turkey
- Dark, leafy green vegetables

## SOURCES OF VITAMIN C INCLUDE:

- Oranges
- Grapefruit
- Tomatoes
- Bell peppers
- Broccoli
- Potatoes
- Strawberries
- Melons
- Citrus fruit and tomato juices

## MEAL PLANNING

It is important that your family has regular meals and snacks. This may help keep lead from being absorbed. Ask your health care provider or nutrition educator for ideas on healthy food choices and serving sizes.

### EAT LESS:

- Fried foods
- High fat meats such as sausage, bacon and hot dogs
- Foods cooked with fatty meats, butter and lard
- High fat snacks such as chips and cakes

### EAT MORE:

- Lean meats
- Baked, broiled or steamed food
- Fresh fruits and vegetables
- Low fat snacks such as pretzels, graham crackers and frozen fruit juice pops

### AVOID:

- Storing foods in imported lead-glazed pottery or leaded crystal
- Fruits or vegetables grown in lead-contaminated soil
- Foods or drinks made with lead-contaminated water

**REMEMBER TO ALWAYS WASH YOUR HANDS BEFORE YOU EAT!**

