



# ELEVATED BLOOD LEAD

## FOLLOW-UP GUIDE FOR PARENTS AND GUARDIANS

Your child has been diagnosed with or may have an elevated blood lead level. If the testing was done by a capillary blood test (finger stick), it will need to be confirmed by a blood draw from a vein (venous test).

As of Oct 28, 2021, the Centers for Disease Control and Prevention has lowered its blood lead reference value (BLRV) from 5 µg/dL to 3.5 µg/dL and recommends further testing and treatment at **≥3.5 µg/dL**. Currently, Utah requires follow up testing and intervention at levels **≥5 µg/dL**. If the result of a confirmatory venous test is elevated, talk to your health care provider about follow up testing. Steps should also be taken to identify and remove the source of lead exposure.

Although there is no safe level of lead in children, elevated blood lead levels are particularly harmful to the developing nervous system. Additional health effects may include lowered IQ scores, ADHD, aggression, and other physical and behavioral disorders.

### WHAT SHOULD YOU DO?

- **Identify the source of lead** with the help of your medical provider and local health department
- Follow **healthy eating guidelines** (see back) to decrease your child's lead absorption
- Ask your health care provider to **check for evidence of iron deficiency**
- Make sure **developmental screening** is done at Well Child visits
- Children automatically qualify for services through the **Baby Watch Early Intervention Program** if their blood lead level is 10µg/dL or above. More information is available at [www.utahbabywatch.org](http://www.utahbabywatch.org)

### YOUR CHILD'S VENOUS BLOOD LEAD LEVEL

Venous Blood Lead Level	Recommended Follow-Up Testing
<b>≥3.5–9.9 µg/dL</b>	<b>Follow up venous blood test within 3 months</b> to ensure decreasing levels.
<b>10–19.9 µg/dL</b>	<b>Follow up venous blood test within 1 month</b> to ensure decreasing levels.
<b>20–44.9 µg/dL</b>	<b>Follow up venous test within 2 weeks</b> to ensure decreasing levels. Consult with your health care provider about abdominal x-ray, gut decontamination, and follow-up labs.
<b>≥45 µg/dL</b>	Confirm the blood lead level with a <b>repeat venous test within 48 hours</b> . Your health care provider may advise hospitalization/and or chelation therapy.

### Common Sources of Lead:



Lead-based paint chips or dust in homes built before 1978, particularly during home renovation and repair



Soil and Water



Imported pottery, jewelry, makeup, candies, spices, and some home remedies



Adult hobbies or jobs including plumbing, hunting, reloading or casting bullets, target practice, fishing sinkers, jewelry making, furniture refinishing, pottery, working with lead solder, or stained glass



Living near a mining or milling factory, smelter, oil refinery, paint, battery, or ammunition factory

FOR MORE INFORMATION, PLEASE VISIT:

**Utah Lead Coalition**- [utahleadcoalition.org](http://utahleadcoalition.org)

**Utah Lead Program**- <https://epht.health.utah.gov/epht-view/topic/ChildhoodBloodLead.html>

**Centers for Disease Control & Prevention**- <https://www.cdc.gov/nceh/lead>



# WHAT YOU SHOULD KNOW ABOUT LEAD AND NUTRITION

## LEAD FACTS

**There is no safe level of lead in your body.** Lead isn't good for anyone's health and is especially bad for small children. Children can absorb 4 to 5 times more lead than adults. And, lead is absorbed faster on an empty stomach. Avoid contact with it to keep your family lead-safe. Remember you and your children can be exposed to lead from a variety of sources such as paint, dust, dirt, reloading or casting bullets, folk medicines, home remedies, fishing sinkers, water, jewelry making, plumbing, make-up, and toys.

## NUTRITION FACTS

Follow the Healthy Nutrition Guidelines Listed Below to Help Prevent Lead from Getting into Your Child's Body (Absorption)

Foods prepared and served to young children may prevent lead absorption.

**Follow the three steps listed below to make a difference!**

1. Wash and cook food with filtered water.
2. Serve your children small, healthy snacks between meals.
3. Serve foods high in iron, calcium, and vitamin C.



### IRON

Iron may help reduce the absorption of lead in the body.

**Food sources of iron include:**

- Lean red meats, fish, and chicken
- Spinach, kale, and collard greens
- Iron-fortified cereal, bread, and pasta
- Dried fruit, such as raisins and prunes
- Beans



### CALCIUM

Calcium keeps bones strong and may help reduce the absorption of lead in the body.

**Food sources of calcium include:**

- Milk and milk products like cheese and yogurt
- Spinach, kale, and collard greens
- Tofu



### VITAMIN C

Vitamin C works with iron and may help reduce the absorption of lead in the body.

**Food sources of vitamin C include:**

- Citrus fruits like oranges and grapefruit
- Tomatoes and tomato juice
- Peppers
- Other fruits like kiwi, strawberries, and melons

