



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). If the results of that test are greater than or equal to **5 micrograms per deciliter (5µg/dL)**, your child's blood lead level is considered elevated and steps should be taken to identify and remove the source of lead exposure.

Although there is no safe level of lead in children, levels above 5µg/dL are particularly harmful to the developing nervous system and may lead to **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 backside) to decrease your child's lead absorption

Ask your medical 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

IF YOUR CHILD'S VENOUS BLOOD LEAD LEVEL IS:

5-14µg/dL

Do a **follow up venous blood test in 1-3 months** to make sure lead level is not rising. If it is **stable or decreasing**, do a **follow up venous test in 3 months.**

15-44µg/dL

Repeat venous blood test in 1-4 weeks. Consult with your physician about abdominal x-ray, gut decontamination, and follow-up labs.

Above 44µg/dL

Confirm the blood lead level with a **repeat venous test within 48 hours.** Your physician may advise hospitalization/and or chelation therapy.

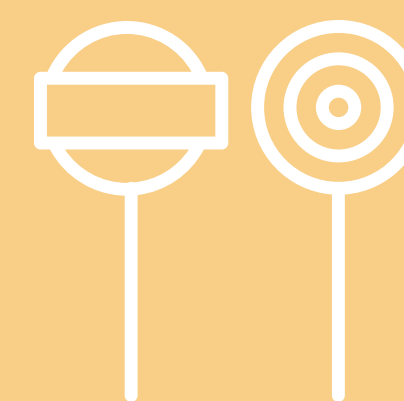
COMMON LEAD SOURCES:



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



Water



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



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



Soil



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

FOR MORE INFORMATION, PLEASE VISIT:

utahleadcoalition.org

UTAH LEAD PROGRAM

<http://epht.health.utah.gov/epht-view/topic/ChildhoodBloodLead.html>

CENTERS FOR DISEASE CONTROL AND 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. Keep your family lead-safe by avoiding contact with it. Remember that 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

You May be Able to Prevent Lead from Getting into Your Child's Body (*Absorption*) by Following the Healthy Nutrition Guidelines Listed Below...

Foods prepared and served to young children may prevent lead absorption. **Following the 3 steps listed below may make a difference!**

1. When preparing food, be sure to wash and cook it with filtered water.
2. Serve your children small, healthy snacks between meals.
3. Serve foods that are 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

**Anemia may develop with lead poisoning, so ask your pediatrician if your child needs to be screened for anemia.*



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

