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, Kajal, Surma, 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. NH children are to be tested at age 1 and again at age 2 yrs. 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, developmental delays, behavior issues, problems with eating and sleeping and speech/language delays.

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, child care, 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

Revised Dec 2019
# Lead Poisoning

## 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 test can be done in the doctor’s office with a capillary ‘finger-stick’ blood sample. Depending upon test results, it may need a follow up test with venous blood from arm. **Confirm a capillary blood lead test with a venous test based on schedule below:**

<table>
<thead>
<tr>
<th>Blood Lead Level (micrograms/deciliter)</th>
<th>Capillary or Venous</th>
<th>When to Retest</th>
<th>What can I do to help?</th>
</tr>
</thead>
</table>
| <5                                     | C                   | Not necessary unless other risk factors. Retest children < 12 mos in 3-6 mos as BLL may increase with mobility. | - 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 sources |
| 5-7.4                                  | C                   | Confirm within 3 months. | **Continue with above AND**  
- Control known lead hazards  
- Keep up good nutrition (Calcium, Iron & Vitamin C)  
- Consider testing other children in the home |
| 7.5-19                                 | C                   | Confirm within 1 month | **Continue with above AND**  
- 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 | **Continue with above AND**  
- Remove child from lead hazards |
| 20-44                                  | C                   | Confirm within 1 week | **Continue with above AND**  
- Remove child from lead hazards |
|                                        | V                   | Retest every 1-2 months until <20 mcg/dL | **Continue with above AND**  
- Remove child from lead hazards |
| 45-69                                  | C                   | Confirm within 48 hours | **Continue with above AND**  
- 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 | **Continue with above AND**  
- Child needs immediate treatment and may need hospitalization  
- Chelation may be necessary  
- Ensure child returns to a lead safe environment |
| ≥70                                    | C                   | Confirm IMMEDIATELY | **Continue with above AND**  
- TAKE CHILD TO HOSPITAL FOR TREATMENT |
|                                        | V                   | Medical emergency, chelation treatment | **Continue with above AND**  
- TAKE CHILD TO HOSPITAL FOR TREATMENT |

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**Contact Information:**

NH Department of Health & Human Services, Division of Public Health Services

1-800-897-LEAD (5323) or LeadRN@dhhs.nh.gov

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