



CHILDHOOD LEAD POISONING PREVENTION PROGRAM

For children under 6 years old

What Your Child's Blood Lead Test Means

based on recommendations by the Centers for Disease Control and Prevention¹⁴

| | Test Results | What You Need to Do Next |
|--|---------------------|---|
| <ul style="list-style-type: none"> The blood lead test tells you how much lead is in your child's blood. Lead is harmful to a child's growth, behavior, and ability to learn. | 0-4 | <p>Your child's blood lead test result is about the same as most children's in the United States.</p> <ul style="list-style-type: none"> Help to protect your child from lead by following the tips on the next page. |
| <ul style="list-style-type: none"> No amount of lead in the body is safe. Lead poisoning happens when children eat, swallow, or breathe in dust from old lead paint. | 5-9 | <p>Your child's blood lead level is higher than most children's.</p> <ul style="list-style-type: none"> Your doctor and local health department will contact you to help you find the sources of lead and ways you can protect your child. Get another test for confirmation if needed. Retest your child again in 12 weeks Have any other children under 6 years old and pregnant women in the home tested for lead. |
| <ul style="list-style-type: none"> Many homes built before 1978 may have old lead paint. If paint peels, cracks, or is worn down, the chips and dust can spread around your home and onto children's hands and toys and into their mouths. | 10-14 | <p>Your child's blood lead level is high. You should take action.</p> <ul style="list-style-type: none"> Your doctor and local health department will contact you to help you find the sources of lead and ways you can protect your child. Get another test for confirmation if needed. Retest your child again in 4 weeks Have any other children under 6 years old and pregnant women in the home tested for lead. |
| <ul style="list-style-type: none"> For children up to age six years old, your doctor or nurse should ask you at every Well-Child visit about lead poisoning and require a blood lead test. | 15-44 | <p>Your child's blood lead level is very high. Get help!</p> <ul style="list-style-type: none"> Your doctor and local health department will contact you to help you protect your child from lead and talk about how your child is growing and what they eat. Find where the lead could be coming from. A public health worker will contact you to schedule a home visit to find possible sources of lead. Have any other children under 6 years old and pregnant women in the home tested for lead. Get another test for confirmation within one week if needed. Once the level is confirmed, retest every 1-2 months until your child's lead level drops below 5. |
| <ul style="list-style-type: none"> A high test result taken from the fingertip should be checked again with blood taken from a vein (usually in the arm). If the second result is still high, you should follow these steps. | 45 or higher | <p>YOUR CHILD <u>NEEDS MEDICAL ATTENTION</u> RIGHT AWAY.</p> <ul style="list-style-type: none"> Ask your doctor if your child should be taken to the hospital for medical treatment. A health department worker will need to visit your home to find where the lead could be coming from. Your child should not go back home until the lead sources are fixed or removed. Have any other children under 6 years old and pregnant women in the home tested for lead. |

How to Protect Your Child from Lead Poisoning

Serve foods with calcium, iron, and vitamin C.



These foods help keep lead from staying in your child's body:

- Foods with calcium: milk, cheese, yogurt, tofu, and green, leafy vegetables.
- Foods with iron: beans, lean meat, fortified cereal and peanut butter.
- Foods with vitamin C: oranges, orange juice, grapefruit, tomatoes, green peppers.

Wash dust off of hands, toys, bottles, windows and floors.



- Wash your child's hands and face after play, before eating and before bed.
- Wash toys, stuffed animals, pacifiers and bottles with **soap and water** often.
- Mop floors often, and use damp paper towels to clean window wells and sills.

Do not bring lead home on clothes, toys, or jewelry.



- Lead is in some children's jewelry, toys, keys, and old furniture. Sign-up for children's product recall alerts at the **Consumer Product Safety Commission** website at www.cpsc.gov
- Hobbies such as painting, plumbing, construction, car repair, or working with firearms, stained glass or pottery may contain lead. Avoid spreading the lead by changing work clothes before going home; taking shoes off at the door; washing clothes on their own; and washing face, hands and uncovered skin.

Keep lead out of your food and sink water.



- If you have not used water from the sink in several hours, let it run for one minute before using the water. Sink water could have lead from old plumbing.
- Only use **cold sink water** for drinking, cooking, and making baby formula. Boiling your water does not get rid of lead.
- Use lead-free dishes. Don't serve or keep food in pewter, crystal, or cracked pottery.
- Call LMPHW to see which dishes, spices, candy, cosmetics, and health remedies have been found to have lead.

Fix peeling lead paint and make home repairs safely.



- Keep children away from peeling or chipped paint.
- Before making home repairs, call Lead Safe Louisville to learn how to work safely and keep dust levels down.
- Children and pregnant women should stay away from repairs that disturb old paint, such as sanding and scraping. They should stay away until the area is cleaned using wet cleaning methods and a HEPA vacuum (not dry sweeping).

Find out more about lead.

- Talk with your child's doctor or nurse.
- Call CLPPP with the Louisville Metro Department of Public Health and Wellness (LMPHW) at 502-574-6650.
- Visit our website at <https://louisvilleky.gov/government/health-wellness/childhood-lead-poisoning-prevention> for more information.

Cleaning Up Sources of Lead in the Home¹²

STEP 1 Regular Washing

Wash your child's hands and face often with soap and water. Make sure your child's hands and face are clean before eating and going to bed.

Be sure to wash toys, bottles and pacifiers often with soap and water. Don't let your child play with any toys that have fallen on the ground until they have been cleaned with soap and water.

Don't let your child eat any food that has fallen on the ground.



STEP 2 Cleaning With A Special Vacuum

You can use a special vacuum cleaner called a High Efficiency Particulate Air Filter (HEPA) vacuum to clean up lead. The HEPA vacuum has a special filter that can hold small pieces of lead.

Another option is to use a wet-dry vacuum in the wet setting to clean up the wash or rinse water. When you use the wet/dry vacuum, be sure to keep about two inches of water in the bottom of the canister. The water will help hold the lead dust. Only use the wet/dry vacuum to vacuum up the wash or rinse water when you are cleaning up lead. Do not use the wet/dry vacuum to pick up dry dust or lead paint chips.

Never use your household vacuum cleaner to clean up paint dust or chips from walls, floors or window sills and wells. Household vacuum cleaners are okay for regular cleaning jobs, but only once lead has been cleaned up. But when it comes to cleaning up lead, your household vacuum cleaner filter cannot pick up and hold the small pieces of lead - it can blow lead dust into the air where people can breathe it in.

STEP

3

Wet Washing



STEP ONE

Pick up any loose paint chips and other debris that can be found in the window wells, sills, door frames, and floors. Put the paint chips and debris in double thick garbage bags. Seal the bag.



STEP TWO

Use two buckets - one for the cleaning solution, and one for the clean rinse water. Clearly mark each bucket. Be sure to wear waterproof, chemical resistant, rubber gloves while you are wet washing. Keep the children away from this and all cleaners.



STEP THREE

Make a cleaning solution made up of household detergent and water. Mix according to the directions on the container.



STEP FOUR

Wash the window wells and sills, door frames, walls and floors thoroughly with the cleaning solution. Use two separate sets of disposable rags or paper towels - one set for the washing step and one set for the rinse step.



STEP FIVE

Rinse the area that you washed with cleaning solution with clean water, using a different disposable rag or paper towel. It is important to use a different rag or paper towel for the cleaning and rinsing steps.



STEP SIX

Put all rags, paper towels and paint chips in a double thick garbage bag. Seal the bag. Keep the bag out of the reach of children and pets. Place bags in the garbage for pickup.

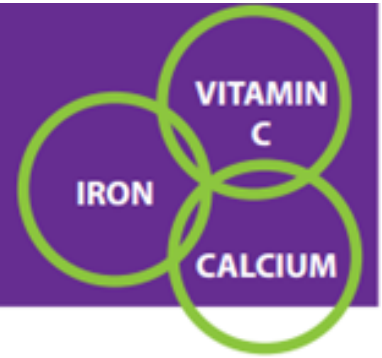
Questions?

For more information, please contact the **Louisville Metro Department of Public Health and Wellness Childhood Lead Poisoning Prevention Program** at (502) 574-6650



DEPARTMENT OF
**PUBLIC HEALTH
AND WELLNESS**

TIPS FOR LEAD-SAFE NUTRITION¹⁶



- Children with empty stomachs absorb more lead than children with full stomachs
- Provide your child for 4 to 6 small meals during the day
- Iron, Calcium and Vitamin C rich foods help protect your child

**A HEALTHY DIET CAN HELP
PROTECT YOUR CHILD FROM
THE HARMFUL EFFECTS OF LEAD**

IRON-RICH FOODS

- Normal levels of iron work to protect the body from the harmful effects of lead
- Iron rich foods are: lean red meats, fish and chicken
- Iron-fortified cereals and dried fruits like raisins and prunes are other sources for iron.



CALCIUM-RICH FOODS

- Calcium reduces lead absorption and makes teeth and bones strong.
- Calcium-rich foods are: milk, yogurt and cheese.

VITAMIN C-RICH FOODS

- Vitamin C and iron-rich foods work together to reduce lead absorption.
- Vitamin C-rich foods are: oranges, orange juice, grapefruits and grapefruit juice.
- Tomatoes, tomato juice and green peppers are also a good source of Vitamin C.



COMMUNITY RESOURCES FOR HEALTHY EATING

WIC

The Women, Infants and Children (WIC) nutrition program helps pregnant women, new mothers and young children eat well, learn about nutrition and stay healthy. WIC provides services to pregnant, postpartum and breastfeeding women, as well as children under the age of 5. All WIC services are free to those who qualify. Call or visit their website to see if you are eligible.

Locations

Administrative Office
400 E. Gray St.
Louisville KY 40202
574-6676

U of L Pediatrics
555 S. Floyd St.
Louisville KY 40202
852-5316

Park DuValle
3015 Wilson Ave.
Louisville KY 40211
774-4401

Dixie Health Center
7219 Dixie Highway
Louisville, KY 40258
574-7975

L & N
908 W. Broadway
Louisville, KY 40202
595-3121

Newburg Health Center
4810 Exeter Ave.
Louisville, KY 40218
574-5978

Many local offices are open in the evenings so that clients do not have to miss work.

www.louisvillewic.org

Fresh STOP

Fresh STOP is a group of farm-fresh food markets that pop up at local churches, housing authorities, and community centers in fresh food insecure neighborhoods. Participants can sign up one to two weeks in advance and pay a small amount based on their income with cash, credit/debit cards, or EBT/Food Stamps/ SNAP Benefits (see each individual market's page for details). There are 12 locations throughout the city and can be viewed on their website:

www.newroots.org

Dare to Care

Dare to Care distributes food to their partner agencies, which include food pantries, shelters, emergency kitchens and other social service organizations. In turn, these agencies provide food assistance to community members in need. If you are in need of food assistance, please call Dare to Care at 502.966.3821 or visit their website to find an agency in your area:

<http://daretocare.org/need-food/>



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