



At a Glance Guide for Childhood Lead Exposure

What is Lead Exposure?

Lead is a toxic metal which can harm a child when it gets into their body. There is no safe blood lead level for a child. Individuals of all ages can be affected by lead, regardless of age, race, or economic level. Lead-based paint found in homes built before 1978 is the most common source of lead exposure for children.



Who is Most at Risk?

- Children (6 years of age and younger) are at the greatest risk for lead exposure. Young children also are more likely to absorb lead dust because they frequently place hands and other objects in their mouths.
- Families who recently moved to the U.S. for any reason may be more at risk if there are not strict rules protecting children from lead exposure in their country of origin.
- A pregnant person can pass lead in their body to their unborn baby through their blood and through breastmilk after birth. Lead can have negative effects on both a pregnant person and their developing baby.
- Certain occupations and hobbies can affect an adult. Such as: hunting, welding, and automotive repair.

What Can I Do?

If a child has been exposed to lead, it is important to figure out where the lead is coming from. Lead sources need identified and removed from your home. Follow the recommendations from the Lead Risk Assessor mitigation plan.

As a caregiver there are steps you can take to reduce the impact on the child's body and prevent future exposure:



Avoid Lead Sources

A child's environment can be full of lead inside and outside of their home: [lead sources](#) and [imported products](#)



Educate Yourself

Learn the symptoms of lead exposure.



Identify and Remove Lead Sources from Your Home

Ensure a risk assessor visits your home and follow the mitigation plan.



Clean Hands

Wash child's hands, especially after playing outside, before eating, and before bedtime.



Clean Your Home

Clean your home regularly and thoroughly: [lead-cleaning-checklist.pdf](#)



Provide Good Nutrition

Link to nutrition handout once it is done.



Provide Learning Opportunities for Your Child

Lead can affect a child's brain development.

Listen to Your Health Care Provider

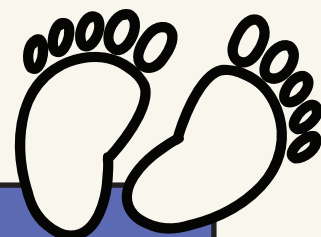
Maintain continued follow-up care with your medical provider, including blood lead follow-up testing.

If Your Child's Venous Blood Lead Level $\mu\text{g/dL}$ is...	Then They Should be Tested...	Later Follow-up Testing after BLL Declining
0 - 3.4	***See Below	
3.5 - 9.9	3 months*	6-9 months
10 - 19.9	1-3 months*	3-6 months
20 - 44.9	2 weeks - month	1-3 months
≥ 45	as soon as possible	as soon as possible

*Frequency of testing may depend on available information, such as lead exposure sources

How Long Does it Take for a Blood Lead Level to Decrease?

This can depend on many things, including child's age and weight, nutritional status, source of lead exposure, length of time the child was exposed, the child's initial blood lead level reading, where the lead is stored in the body (soft tissue, bone, blood), and any underlying health conditions. Once the child is no longer exposed to the source of lead, their blood lead level will start to drop.



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