Does your child have lead poisoning? The only way to know for sure is with a blood lead test.

Lead poisoning is still a health hazard for millions of children in the United States. Since lead is a heavy metal, it is used in many consumer products. Lead is also a poison.

Children can be exposed to it in many ways. It can be found in the soil and old paint from buildings built before 1978 and on toys or surfaces around your home.

How can I tell if my child has been exposed to lead?

There are often no signs of lead poisoning. When symptoms do occur, they may be mistaken for other conditions. Too much lead in a child’s body can cause headaches, stomachaches, muscle pain and hearing problems. It can also slow down growth and brain development. The only way to know for sure if your child has been exposed to lead is with a blood lead test.

When should my child be tested?

All children need a blood lead test done at 12 months and 24 months of age, or between 3 and 6 years of age if not tested earlier. Use this checklist to keep track of when your child’s blood lead tests have been completed by the doctor:

- 12 months/Date: ________________________________
- 24 months/Date:_________________________________

Children under 3 years of age are most likely to get lead poisoning. Children this age often put their hands and other objects into their mouths.

How can I help protect my child?

Lead poisoning is entirely preventable. The best way to help protect your child is to have him or her tested. You can also take steps to lower your child’s risk:

- Wash your child’s hands and toys often
- Remove recalled toys immediately
- Test the water in your home for lead
- Keep your child away from peeling paint
- Wet-wipe dust from window sills and wet-mop floors
- Avoid traditional medicines with known lead content like Greta and Azarcon in Hispanic remedies, Ghasard in Indian remedies, Ba-baw-san in Chinese remedies or Daw Tway in Thai and Myanmar remedies
- Avoid candies, toys and children’s jewelry imported from Mexico
- Use containers, cookware, tableware and pottery that are shown to be lead-free
- Have your child play on grass, pavement or mulch, instead of bare soil

To learn more, contact the CDC at 1-800-232-4636 or visit www.cdc.gov/nceh/lead.
Health Tips

We can translate this free of charge.
Call 1-866-408-6131 (Hoosier Healthwise and Healthy Indiana Plan); 1-844-284-1797 (Hoosier Care Connect);
TTY 1-866-408-7188.

Podemos traducir esta información sin costo.
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