**LEAD is a Poison!**

Think your child is safe at home?

The most common sources of lead are pre-1979 house paint, dust, soil, and take-home exposure from lead-related jobs and hobbies. Nevertheless, some consumer products can also contain lead.

To learn about recalled items, visit the Consumer Product Safety Commission at [www.cpsc.gov](http://www.cpsc.gov).

### Common sources of lead that can be reached by children

**Damaged paint in homes built pre-1979**
Cracked or peeling paint creates paint chips and lead dust that can be accessible to children in the home and through contact with bare soil.

**Lead dust from work and hobbies**
Working in construction, painting, gardening or hobbies as well as doing activities like fishing or making jewelry, pottery or stained glass can track lead dust back to the house. Shower as soon as getting home.

**Children’s Toys**
Lead has been found in the paint, glaze & metal parts of various toys.

**Children’s Clothing**
Coatings, decals & jewelry on some children’s clothing have been found to contain lead.

**Makeup**
Some lipsticks have been found to have lead, as well as eyeliners from the Middle East.

**Children’s Art Items**
Some children’s arts and crafts products are recalled due to violation of paint standard. Unless labeled “Meets ASTM D-4236”.

**Handmade & Imported Ceramic Ware**
May have lead glaze. Do not purchase if item has Prop. 65 Warning.

**Soft Cables & Cords**
Lead in the plastic coatings may be swallowed when cables/cords are sucked on or chewed.

**Imported Candies**
Numerous foreign candies have been found to contain lead. Consider fruit instead of candy.

**Metallic Jewelry & Keys**
Some necklaces, rings, bracelets, charms and keys contain lead. Swallowing an item can be fatal.

**Lead Risks**
- Affects learning and behavior
- Damages virtually every organ
- Lowers intelligence & IQ
- Stunts growth

### Take Action!
- Ask your doctor to test your child for lead at 1 & 2 years of age or once before the age of 6
- Avoid sources of lead
- Give your child vitamin C, calcium & iron rich food
- If you have damaged paint tell your landlord to fix or call our department for a free home inspection

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For information, contact:
Children’s Environmental Health Promotion Program
San Francisco Department of Public Health
1390 Market Street, Suite 410, San Francisco, CA 94102
311
[www.sfdph.org/dph/eh/cehp/lead](http://www.sfdph.org/dph/eh/cehp/lead)

It’s your child’s health—protect it!
# Blood Lead Levels

**What Do They Mean?**

The blood lead test gives an idea of how much lead your child has been recently exposed to in the environment. Children with lead in their blood may not look or act sick, but learning and behavior problems may show up years later when they go to school.

<table>
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<tr>
<th>Blood Lead Test Result in micrograms per deciliter (mcg/dL)</th>
<th>What Does It Mean?</th>
<th>When To Get Another Blood Test?</th>
<th>What Can You Do?</th>
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</thead>
</table>
| 0                                                          | Your child has no detectable lead in their body. | Ask your doctor to test your child for lead at 1 & 2 years of age or once before the age of 6. | □ Avoid sources of lead  
□ Give your child vitamin C, calcium & iron rich food  
□ Wash hands and face before eating  
□ Keep home paint intact and dust free  
□ Use a wet sponge or mop to clean floors and windows |
| 1-4                                                        | No amount of lead in the body is normal or safe. Your child has been exposed to small amounts of lead. | Retest if your child’s risk of lead exposure changes. For example: If you move to an older home with chipped or peeling paint, if someone in your home works in construction, gardening, etc. | □ All the above, and…  
□ See back of this form for information on lead hazards around your home (Lead is a Poison)  
□ Find lead hazards in your home  
□ Follow best practices if someone in your household works in construction, landscaping, etc.  
□ Our program will provide information and offer a home visit to help you look for lead hazards around your home  
□ For any questions or concerns please call your home inspectors |
| 5-9                                                        | Your child has been exposed to some amount of lead in their environment. | 6 months  
(Call your doctor to have your child tested for lead again) | □ All the above, and…  
□ At a Blood Lead Level of 15 and above a Public Health Nurse will make a home visit to provide follow-up care |
| 10-19                                                      | Your child has been exposed to moderate amounts of lead in their environment. | 3 months  
(Call your doctor to have your child tested for lead again) | □ All the above, and…  
□ Lead exposures must be identified and reduced. Our Program will test your home for lead hazards |
| 20-44                                                      | Your child has been exposed to large amounts of lead in their environment. | 2-3 months  
(Call your doctor to have your child tested for lead again) | □ All the above, and…  
□ Your child may require specialized medical treatment in the hospital. Call your doctor ASAP for a confirming blood test and lead poisoning checkup |
| 45-69                                                      | Your child has been exposed to very large amounts of lead in their environment. | As Soon As Possible  
(Call your doctor to have your child tested for lead again) | □ All the above, and…  
□ Your child requires specialized treatment in the hospital NOW! |
| Above 70                                                   | Medical Emergency: Your child has been exposed to dangerously high amounts of lead in their environment. | Seek IMMEDIATE medical attention | □ All the above, and…  
□ Your child requires specialized treatment in the hospital NOW! |