Getting Your Child Tested for Lead

Lead can harm your child. Lead poisoning can make it hard for your child to learn, pay attention, and behave. Most children who have lead poisoning **do not look or act sick**.

Ask your child's doctor about testing for lead. The only way to know if your child has lead poisoning is for your child to get a **blood test for lead**.

Most children get tested at 1 and 2 years old. Some children over 2 also need to get tested.

If your child has too much lead, a doctor or someone from the health department will help your child.

A blood test for lead is free when your child gets a check-up if you have Medi-Cal or if you are in the Child Health and Disability Prevention Program (CHDP). Many health insurance plans will also pay for this test.

Keep your child safe from lead.

Do not let your child chew on painted surfaces or eat paint chips. Some old paint has lead in it.

Wash your child's hands and toys often. Always wash hands before eating and sleeping. Lead in dust can stick to hands and toys that children put in their mouths.

Feed your child healthy meals and snacks every day. Foods with lots of calcium, iron, and vitamin C help keep lead from hurting your child. Give them fruit and other healthy treats instead of candy or other sweets.

For more information, go to www.cdph.ca.gov/programs/clppb, or call your local Childhood Lead Poisoning Prevention Program:

1-800-LA-4-LEAD (524-5323)

LA County Department of Public Health
Childhood Lead Poisoning Prevention Program

CDPH

CHILDHOOD LEAD POISONING PREVENTION BRANCH

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