



### LEAD AND HEALTHY HOMES

provides expectant parents and families with children aged 0-6 with free testing kits to check their homes for harmful levels of lead-based paint dust.

**For more information, or to receive a free lead test kit for your home, call toll-free:**

**1-888-722-2903**



Lead and Healthy Homes is a program of Southern New Jersey Perinatal Cooperative  
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Lead and Healthy Homes NJ is funded by the NJ Department of Health

# KNOW THE NUMBER

*presented by:*



## KNOW THE NUMBER Blood-Lead Level (BLL): What is it?

Ask your child's doctor for a blood test to measure your child's **BLOOD LEAD LEVEL**. This test is the **ONLY** way to know if your child has been exposed to dangerous levels of lead. Results may take a few days. Be sure to call your child's doctor and ask for the Blood Lead Level (BLL) Number. The level of lead in the blood is measured in micrograms per deciliter ( $\mu\text{g}/\text{dL}$ ).

Ask your child's doctor for the "Blood-Lead Level Number" (BLL#)

\_\_\_\_\_  
Doctor's Phone Number

\_\_\_\_\_  
Date of blood test                      BLL# ( $\mu\text{g}/\text{dL}$ )

\_\_\_\_\_  
Date of blood test                      BLL# ( $\mu\text{g}/\text{dL}$ )

\_\_\_\_\_  
Date of blood test                      BLL# ( $\mu\text{g}/\text{dL}$ )

*New Jersey Law requires that ALL children be screened at 1 and 2 years of age, and again any time they have been exposed to a known or suspected source of lead.*

## Control + Prevention

*If ANY amount of lead is detected, follow these steps to help prevent and eliminate your child's exposure to lead.*

- Use special lead cleaning techniques to keep your home clean and free of lead.
- Wash your child's hands often, especially after being outside, before eating, and before sleeping.
- A diet of healthy foods and snacks will help decrease your child's lead levels.
- If you see chipping or peeling paint, block it with furniture or cover it with duct tape or contact paper. Have the property owner repair these areas using lead-safe work practices.
- Check for lead sources in your home and places where your child spends time.

**To get a free home lead test kit, Call LEAD AND HEALTHY HOMES toll-free at: 1-888-722-2903**

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## KEEP YOUR CHILD'S BLL AS LOW AS POSSIBLE

*Different #'s (amounts) need different actions.*

BLL (µg/ml)	Possible Effects	Actions For Parents
0-4	<ul style="list-style-type: none"> <li>Most children have a BLL in this range</li> </ul>	<ul style="list-style-type: none"> <li>Follow steps under <b>Control + Prevention</b> (on front side)</li> </ul>
5-9	<ul style="list-style-type: none"> <li>Stunted growth</li> <li>Effects on nervous system and IQ</li> <li>Behavior, learning, attention problems, and hyperactivity can develop</li> </ul>	<ul style="list-style-type: none"> <li>Retest in 3 months, discuss with doctor.</li> <li>Follow steps under <b>Control + Prevention</b> (on front side)</li> <li>Your local health department will visit to identify lead sources.</li> </ul>
10-14	<ul style="list-style-type: none"> <li>Stunted growth</li> <li>Effects on nervous system and IQ</li> <li>Behavior, learning, attention problems, and hyperactivity can develop</li> <li>Changes in blood and nervous system function</li> <li>Hearing problems</li> </ul>	<ul style="list-style-type: none"> <li>Retest in 1 to 3 months, discuss with doctor.</li> <li>Follow steps under <b>Control + Prevention</b> (on front side)</li> <li>Your local health department will visit to identify lead sources.</li> </ul>

BLL (µg/ml)	Possible Effects	Actions For Parents
15-19	<ul style="list-style-type: none"> <li>Stunted growth</li> <li>Effects on nervous system and IQ</li> <li>Behavior, learning, attention problems, and hyperactivity can develop</li> <li>Changes in blood and nervous system function</li> <li>Hearing problems</li> </ul>	<ul style="list-style-type: none"> <li>Retest in 1 month, discuss with doctor.</li> <li>Follow steps under <b>Control + Prevention</b> (on front side)</li> <li>Your local health department will visit to identify lead sources.</li> </ul>
more than 20	<ul style="list-style-type: none"> <li>Stunted growth</li> <li>Effects on nervous system and IQ</li> <li>Behavior, learning, attention problems, and hyperactivity</li> <li>Changes in blood and nervous system function</li> <li>Hearing problems</li> </ul>	<ul style="list-style-type: none"> <li>Retest in 1 week to 1 month, discuss with doctor.</li> <li>Follow steps under <b>Control + Prevention</b> (on front side)</li> <li>Your local health department will visit to identify lead sources.</li> </ul>

BLL (µg/ml)	Possible Effects	Actions For Parents
more than 45	<ul style="list-style-type: none"> <li>All other previous effects</li> <li>Blood problems, brain, kidney, and nerve damage are common</li> </ul>	<ul style="list-style-type: none"> <li>Retest immediately, if from finger, discuss with doctor</li> <li><b>Child might need to be hospitalized</b></li> <li>Chelation therapy (very strong medicine) may be started</li> <li>Follow steps under <b>Control + Prevention</b> (on front side)</li> </ul>

## Cleaning Lead Dust

- Always clean lead dust with WATER.** Never dry wipe, dry dust or use a dry broom to sweep.
- Clean whenever you see dust.** You should clean at least once a week.
- When cleaning, always use two buckets** so you can rinse in a separate bucket of clean water. Keep dipping your cleaning rag, sponge or mop in the bucket as you clean.
- Change your rinse water OFTEN.** Discard dirty water in toilet or laundry sink. NEVER discard dirty water in kitchen or bathroom sink or outdoors.

## Lead dust is tiny particles of lead from paint.

- Tiny particles of lead from paint can flake off. This is called lead dust. Lead dust can be very hard to see or can get mixed in with regular dust in your home.
- Lead dust should be kept to a minimum by damp-mopping floors and using a wet cloth to clean walls, windowsills, and other surfaces, like tables and countertops.
- Young children will eat this dust when they put dirty fingers or toys in their mouths. When children eat lead dust, they can become lead-exposed.

**If you see chipped or peeling paint, block it with furniture or cover it with duct tape or contact paper.**