

Your Child's Blood Lead Level

What is Lead?

Lead is a toxic metal that can harm children's health. Lead exposure can impact your child's growth and development. A blood lead level tells you how much lead is in your child's blood. The blood lead reference value is 3.5 micrograms per deciliter ($\mu\text{g}/\text{dL}$).

Child Name: _____
Date of Birth: _____
Blood Lead Level of _____ $\mu\text{g}/\text{dL}$
Date of Test: _____
Test type: ___ Capillary (fingerstick)
 ___ Venous (from vein)

Follow-up Testing Recommendations

Follow-up blood lead testing is recommended when a child's blood lead level is above the reference value. Follow-up testing helps confirm the lead level and makes sure it is going down. Talk with your child's doctor to discuss follow-up testing if a test has not yet been scheduled.

If child's first capillary (fingerstick) test is elevated

Confirm with venous test:

- WITHIN 3 MONTHS: Capillary lead level was 3.5 - 9 $\mu\text{g}/\text{dL}$
- WITHIN 1 MONTH: Capillary lead level was 10 - 19 $\mu\text{g}/\text{dL}$
- WITHIN 2 WEEKS: Capillary lead level was 20 - 44 $\mu\text{g}/\text{dL}$
- AS SOON AS POSSIBLE: Capillary lead level was 45 $\mu\text{g}/\text{dL}$ or higher

If child has a confirmed elevated blood lead level

Re-test again in:

- 3 MONTHS: Confirmed lead level was 3.5 - 9 $\mu\text{g}/\text{dL}$
- 1 TO 3 MONTHS: Confirmed lead level was 10 - 19 $\mu\text{g}/\text{dL}$
- 2 TO 4 WEEKS: Confirmed lead level was 20 - 44 $\mu\text{g}/\text{dL}$
- AS SOON AS POSSIBLE: Confirmed level was 45 $\mu\text{g}/\text{dL}$ or higher
- OTHER: _____

Take Steps to Prevent Lead Poisoning

Make a plan with your child's doctor and discuss any concerns you have about their health and development. Take [steps to find lead sources in your home](#) and reduce exposures. The key to [preventing lead poisoning](#) is to keep children from coming in contact with lead. Contact your [local health department](#) if you have questions about preventing lead poisoning.

For more information:

Nebraska Department of Health and Human Services
Childhood Lead Poisoning Prevention Program
Phone: 402-471-2937 | Web: www.dhhs.ne.gov/lead