Getting Your Child Tested for Lead

**Lead can harm your child.** Lead 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 there is lead in your child's body is for your child to get a **blood test for lead**.

Children on programs such as Medi-Cal, Child Health and Disability Prevention Program (CHDP), Head Start, or WIC, and all children at risk for lead exposure, should 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 CHDP. Health insurance plans will also pay for this test.
These potential lead sources may put your child at risk for lead exposure:

- **Lead paint inside or outside the home that is chipped, peeling, or damaged in any way.** If your home was built before 1978, it may have lead paint.
- **Some imported dishes, pots, water crocks, or older dishware**, especially if worn, chipped, or cracked.
- **Some Ayurvedic, Chinese, or traditional remedies and cosmetics**, like Greta, Azarcon, Paylooaah, Surma, Sindoor, and Kohl.
- **Some foods and spices**, such as chapulines (fried grasshoppers), and some other brightly colored spices from other countries, such as chili powder, imported tamarind candy, turmeric, and khmeli suneli.
- **Take-home lead dust** from clothing, skin, and hair if a family member works with lead at their job.
- **Some hobbies that involve lead**, such as fishing with lead sinkers, hunting or target shooting with leaded bullets, and stained glass making.
- **Living near a busy roadway or industrial source of lead in the air or soil** (e.g. lead or steel smelter).
- **History of living in or visiting a country with high levels of lead in the air, soil, products, or other locations.**

If you think your child might be at risk for lead exposure, ask your child's doctor for a blood lead test.

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