



Getting Your Child Tested For Lead



LEAD IS HARMFUL

Lead poisoning can make it hard for your child to learn, pay attention, or behave and may cause long-term health problems. Children may not look or act sick. Having your child tested for lead is the only way to know if there is lead in your child's body.

WHEN YOUR CHILD SHOULD BE TESTED FOR LEAD

A blood lead test is **required at one and two years old** if your child:

- Is in a program such as **Medi-Cal, WIC¹, or Head Start.**
- Lives in or spends a lot of time in a place built before 1978 that has peeling or chipped paint or that has been recently remodeled.

If these do not apply, ask your child's doctor about their risk of lead exposure. A blood lead test for lead is free for children enrolled in the programs listed above, and health insurance companies will also pay for the test.

CHILDREN ARE AT A HIGHER RISK FOR LEAD EXPOSURE IF THEY:

- **Live** in a house or building built before 1978 or near a source of lead air emissions such as highways, industrial sites, general aviation airports, recycling sites.
- **Consume or come in contact with** certain foods, spices, traditional remedies, dishware or other products.
- **Spend time** outside the U.S.
- **Have a sibling with** an elevated blood lead level.
- **Have a family member who works with lead** such as construction or painting or has hobbies that involve lead such as stained glass, fishing, pottery, firearms, antiques.

For a list of lead sources, ask your doctor or visit: go.cdph.ca.gov/LeadFreeKids

¹WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children

WHAT TO EXPECT: BLOOD LEAD TESTING FOR YOUR CHILD



- 1** The test may be done at your child's doctor's office or at a laboratory.
 - 2** There are two methods of collecting blood for lead testing: capillary or venous. Capillary tests typically use blood taken from your child's finger. Venous tests use blood from a vein in your child's arm.
 - 3** Depending on the result, your child's doctor may order additional tests. Follow-up blood lead tests must be venous.
- i** For more information visit go.cdph.ca.gov/LeadFreeKids or contact your local Childhood Lead Poisoning Prevention Program:



10/2024



Coj Koj Tus Me Nyuam Mus Kuaj Saib Puas Muaj Txhuas Nyob Hauv Nws Cov Ntshav



TXHUAS YOG IB YAM UAS TSIS ZOO RAU LUB CEV

Muaj txhuas ntau nyob hauv lub cev yeej ua tau kom koj tus me nyuam kawm tau ub tau no nyuaj, tsis mloog neeg hais lus, los sis koj cwj pwm tsis zoo thiab yeej ua tau kom muaj teeb meem rau ntawm txoj kev noj qab nyob zoo ntev ntev mus. Cov me nyuam yaus yeej tsis muaj dab tsi qhia hais tias lawv muaj mob los sis yeej tsis koj cwj pwm zoo li ib tus neeg muaj mob li. Coj koj tus me nyuam mus kuaj yeej yog tib txoj kev us yuav qhia tau hais tias saib puas muaj txhuas nyob hauv koj tus me nyuam lub cev.

THAUM TWG KOJ TUS ME NYUAM THIAJ LI YUAV TSUM TAU MUS KUAJ SAIB PUAS POM MUAJ TXHUAS NYOB HAUV NWS COV NTSHAV

Koj tus me nyuam yuav tsum tau mus kuaj ib zaug thaum nws muaj hnub nyoog ib xyoos thiab ib zaug thaum nws muaj hnub nyoog ob xyoos yog koj tus me nyuam:

- Yeej yog ib tus neeg siv ib qhov kev pab cuam zoo li **Medi-Cal, WIC¹, los sis Head Start.**
- Nyob hauv ib lub tsev los sis nyob ntev hauv ib lub tsev ua tiav ua ntej xyoo 1978 uas muaj cov xim tev los sis tawg los sis nyuam qhuav muab kho dua tshiab.

Yog tsis tau muaj tej yam zoo li no, nug koj tus me nyuam tus kws kho mob saib koj tus me nyuam puas ntxim yuav muaj txhuas nyob hauv nws lub cev. Qhov kev kuaj ntshav saib puas muaj txhuas yeej yog ib qhov kev kuaj dawb rau cov me nyuam yaus uas muaj npe mus siv cov kev pab cuam muaj nyob saum no, thiab cov tuam txhab kev faj seeb rau kev kho mob los yeej yuav them tus nqi ntawm qhov kev kuaj.

COV ME NYUAM YAUS YOG COV UAS NTXIM YUAV MUAJ TXHUAS NYOB HAUV LAWV LUB CEV YOG LAWV:

- **Nyob** hauv ib lub tsev los sis ib lub chaw uas ua tiav ua ntej xyoo 1978 los sis nyob ze ib lub chaw muaj pa txhuas zoo li cov kev khiav tsheb, cov chaw ua khoom, cov tshav dav hlau, cov chaw uas txais cov khoom qub koj mus ua dua tshiab los sis muab cov khoom qub koj mus ua dua tshiab.
- **Noj los sis kov** tej cov khoom noj, txuj lom, cov tshuaj uas cov laus ib txwm siv, tais diav los sis lwm yam khoom.
- **Mus nyob** txawv teb chaws
- **Muaj ib tus kww, tij laug, muam, nus, los sis viv ncaus uas muaj** txhuas ntau nyob hauv nws cov ntshav.
- **Muaj ib tus neeg hauv tsev neeg uas nws ua hauj lwm nrog txhuas** zoo li hauj lwm ua vaj ua tsev los sis ua kev tsheb los sis pleev xim tsev los sis ua tej cov hauj lwm ua si uas siv txhuas zoo li cov iav muaj xim, nuv ntses, puab hub, phom, khoom qub.

Yog xav tau ib phab ntawv teev cov chaw los sis khoom uas muaj txhuas, nug koj tus kws kho mob los sis mus xyuas ntawm: go.cdph.ca.gov/LeadFreeKids

¹WIC yog qhov kev pab cuam hu ua Special Supplemental Nutrition Program for Women, Infants, and Children

QHOV UAS TEJ ZAUM YUAV MUAJ: KEV KUAJ NTSHAV SAIB PUAS MUAJ TXHUAS NYOB HAUV KOJ TUS ME NYUAM COV NTSHAV



- 1** Qhov kev kuaj no yeej yog ib qhov uas yuav kuaj tau nyob ntawm koj tus me nyuam tus kws kho mob lub chaw khiav hauj lwm los sis nyob ntawm ib lub chaw kuaj kab mob.
 - 2** Nws muaj ob txoj kev los mus tso ntshav koj mus kuaj: capillary (leeg ntshav me) los sis venous (cov leeg ntshav loj). Cov kev kuaj uas tso ntshav ntawm cov leeg ntshav me feem ntau yeej yog siv cov ntshav uas tso ntawm koj tus me nyuam tus ntiv tes. Cov kev kuaj uas tso ntshav ntawm leeg ntshav loj yeej yog siv cov ntshav uas tso ntawm ib txoj leeg ntshav loj nyob ntawm koj tus me nyuam sab caj npab.
 - 3** Nyob ntawm saib kuaj pom muaj dab tsi, tej zaum koj tus me nyuam tus kws kho mob yeej xa koj tus me nyuam mus kuaj ntxiv. Cov kev kuaj ntxiv kom paub meej hais tias saib puas muaj txhuas nyob hauv cov ntshav yuav tsum yog siv cov ntshav uas tso ntawm ib txoj leeg ntshav loj los.
- i** Yog xav paub ntau tshaj qhov no, mus xyuas ntawm go.cdph.ca.gov/LeadFreeKids los sis nug mus rau lub chaw Childhood Lead Poisoning Prevention Program nyob ze koj:



(Hmong) 10/2024