



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:



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为孩子进行铅检测



铅是有害的

铅中毒会导致您的孩子学习困难、注意力不集中或行为不当，并可能导致长期健康问题。孩子们可能看起来或者表现得不像生病了。对您的孩子进行铅检测是了解孩子体内是否含有铅的唯一方法。

何时应对孩子进行铅检测

如果您的孩子出现以下情况，则需要在一岁和两岁时进行血铅检测：

- 正在参加 **Medi-Cal**（加州医疗补助计划）、**WIC**（妇女、婴儿及儿童福利计划）¹ 或开端等计划。
- 居住或或长期度过在 1978 年之前建造的、油漆剥落或碎裂的地方，或最近经过翻修的地方。

如果这些不适用，请问您的孩子的医生他们接触铅的风险。参加上述项目的儿童可以免费进行血铅检测，健康保险公司也会支付检测费用。

如果儿童有以下情况，他们接触铅的风险会更高：

- 居住在 1978 年之前建造的房屋或建筑物中，或靠近铅空气排放源，例如高速公路、工业场地、通用航空机场、回收场。
- 食用或接触某些食物、香料、传统疗法、餐具或其他产品。
- 在美国境外度过一段时间
- 有一个兄弟姐妹血铅水平升高。
- 家庭成员从事与铅相关的工作，如建筑或油漆，或有与铅有关的爱好，如彩色玻璃、钓鱼、陶器、枪支、古董。

如需获取铅来源列表，请咨询您的医生或访问：

go.cdph.ca.gov/LeadFreeKids

¹WIC 是针对妇女、婴儿及儿童的特殊补充营养计划

预期结果： 为您的孩子进行血铅检测



- 1 这检测可以在您孩子的医生办公室或实验室进行。
- 2 采集血液进行铅检测有两种方法：毛细管血或静脉血。毛细管检测通常使用从您的孩子的手指上采集的血液。静脉检测使用来自您的孩子手臂静脉的血液。
- 3 根据结果，您的孩子的医生可能会要求进行其他检测。后续血铅检测必须进行静脉检测。

更多信息请访问
go.cdph.ca.gov/LeadFreeKids 或联系您当地的儿童铅中毒预防计划：



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