

Should Your Young Child Be Tested for Lead Poisoning?

Child's Name _____

Date _____

Please answer these questions with: “Yes,” “No,” or “Don’t Know”. The answers will help you and your health care provider decide if your child needs a blood test for lead. Testing is usually only needed for children up to six years of age. **Children enrolled in Medicaid are required by law to be tested for lead at 12 months and again at 24 months of age.** Children between the ages of 36 months and 72 months of age, who are enrolled in Medicaid, must have a blood lead test if they have not been already been tested at 12 and 24 months of age.

1. Is your child enrolled in or eligible for Salud! Medicaid?

Yes _____ No _____ Don't Know _____

2. Is your child enrolled in any public assistance programs such as WIC or TANF?

Yes _____ No _____ Don't Know _____

3. Does your child live in or regularly visit a house built before 1950?

Yes _____ No _____ Don't Know _____

Older houses may have lead-based paint, which breaks down into dust. This dust can be breathed in or get on your child's hands and then into his/her mouth. Older homes may also have lead pipes or lead solder in the pipes.

4. Does your child live in or regularly visit a house that has recently been remodeled?

Yes _____ No _____ Don't Know _____

Remodeling in an older house, or even one built as late as 1978, can create dust that contains lead, if lead-based paint is present.

5. Does any other child of yours or a child of a relative or friend have an elevated blood lead level?

Yes _____ No _____ Don't Know _____

If “yes” it could mean that your child may also be exposed to lead and you should have your child tested.

6. Does your child live with or regularly visit an adult whose work or hobby uses lead?

Yes _____ No _____ Don't Know _____

See the attached sheet *Information on Childhood Lead Poisoning prevention* for a list of jobs and hobbies that use lead.

7. Do you (or any family members, or a curandera or sobadora) give your child orange, red, or yellow powder such as Greta or Azarcon, or use “Navajo clay” for

stomach ache, nausea, diarrhea,

Or use Kohl, Alkohl, or Surma on your child's skin? Or use traditional Middle Eastern,

Yes _____ No _____ Don't Know _____

Some of these products may contain lead. See the attached sheet *Information on Childhood Lead Poisoning Prevention* for more information

8. Does your home have imported plastic/vinyl mini-blinds?

Yes _____ No _____ Don't Know _____

Some imported plastic mini-blinds made before 1996 have lead in them.

9. Does your child eat, put thing in his/her mouth, or chew on things that aren't food?

Yes _____ No _____ Don't Know _____

Dirt, wood (especially window sills), paint chips, jewelry, shell casings, fishing sinkers, lead shot, shoes, or socks can have lead or lead dust on/in them.

10. Do you use imported pottery for cooking, storing or serving food?

Yes _____ No _____ Don't Know _____

Some Mexican, Chinese, and Italian potteries have lead in the glaze, which can get into the food.

11. Does your child live or play near a junkyard, dump, mine, smelter, or busy street or highway?

Yes _____ No _____ Don't Know _____

These places can have lead dust in the air or in the dirt. Even if the smelter or mine is closed, lead can still be in the dirt.

12. Does your child eat tamarind/chile candy, salt/lemon/chile seasonings, or chapulines that are made in Mexico?

Yes _____ No _____ Don't Know _____

Some of these products may contain lead. See a list on the attached sheet *Information on Childhood Lead Poisoning Prevention*

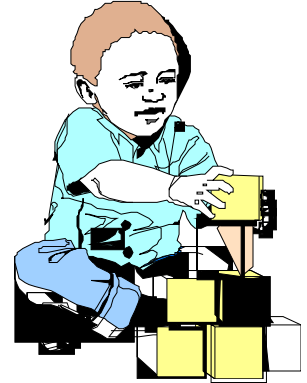
If you are pregnant or plan to become pregnant and think that you are presently exposed to lead, or have been exposed in the past, talk to your health care provider about the need for a blood lead test. Lead can affect your unborn baby. For more information call 1-505-476-3586

INFORMATION ON CHILDHOOD LEAD POISONING PREVENTION

Fill out the lead risk questionnaire *Should Your Child be Tested for Lead?* If you answer *yes* or *don't know* to the questions, talk to your health care provider. The only way to know for sure that your child has not been exposed to lead, is to have a simple blood test for lead.

How Does Lead Hurt a Child?

Most children in New Mexico do not have a problem with lead, but 1 - 3 % of children do. For them, lead can cause serious harm. Lead is not something that your body needs. It takes very little lead to harm a child. At low levels, lead can affect a child's ability to learn and also cause behavior problems. Higher levels of lead can cause anemia (iron poor blood), hearing and kidney damage. Some children may show the following signs of lead poisoning:



- Irritability, crankiness
- Loss of appetite
- Weight loss
- Sluggishness, tiredness
- Stomach pain
- Vomiting
- Constipation
- Pale skin color from anemia (iron poor blood)

But there may not be any signs that a child is poisoned, as most lead-poisoned children do not appear sick

Fetuses and young children are especially affected by lead because their developing brains and growing bodies absorb lead faster than adults do. A [pregnant](#) woman with lead in her body can pass it to her developing baby. Lead can cause her baby to be born too early or have a low birth weigh. In rare cases the woman could have a miscarriage or the baby could be stillborn.

How Can Your Child Be Exposed to Lead?

Children do not need to eat or chew on lead-based paint chips in order to be lead poisoned. Most children become lead poisoned by breathing in or swallowing lead dust, or putting things that contain lead into their mouths.

- In addition to sources of lead mentioned on the questionnaire, old furniture painted with lead-based paint or varnishes can cause lead poisoning. Old "Country" style furniture that has peeling or cracked paint is very popular now. If you use such items in your home, be sure they are not painted with lead-based paint.
 - Some imported toys and baby cribs can have lead paint on them. See the recall notices posted at [http:// www.cpsc.gov](http://www.cpsc.gov)
 - Some imported inexpensive metal jewelry, especially from vending machines, contains lead. Much of it has been recalled, but these items can still be found. Go to <http://www.cpsc.gov/cpscpub/prerel/prhtml04/04174.html> and <http://www.cpsc.gov/cpscpub/prerel/prhtml06/06042.html> for photos.
 - Some imported vinyl mini-blinds manufactured before 1996 contain lead. If you have these in your home, please call for removal instructions. Lead is sometimes found in other vinyl products such as baby bibs, certain toys, computer cables, phone and appliance cords. Lead has also been reported in [holiday decorations](#).

- Some imported dishes have lead in the glaze. Do not use such items for cooking or storing foods. Do not use them for serving hot food or acidic foods (tomato sauce or soup, orange or lemon drinks, or foods with vinegar.) The heat or the acid can leach the lead out of the pottery/ceramic and into the food. See <http://www.environmentaldefense.org/article.cfm?ContentID=957> for more information about lead in dishes

- Certain home or folk remedies, such as orange, red, yellow, brown, black powders, or certain clays for stomach ache, nausea, diarrhea, rash or fever, may contain lead. These remedies include: Greta, Azarcón, Alarcon, Rueda, Coral, Liga, Maria Luisa, “Navajo clay”, Litargirio, Ghasard, Bala Goli, Kandu, or Pay-loo-ah. Some Middle Eastern, Asian and Ayurvedic medicines/tonics have been reported to contain lead.

- Some Mexican candies and seasonings have been reported to contain lead at various times. These products include: Lucas Limon, Lucas Acidito, Super Lucas, Lucas Limon con Chile, Borlindo, Chaca-Chaca, Brinquitos, Vero Rebanaditas, Vero Mango, Vero Elotes, Picarindo, Tama Roca, Licona Tamarindo, Jarrita Chonita Tejocote, Margarita brand Tamarinda Pulpo, Pelon Pelo Rico, Tablarindo, Serpentinatas, Rollito de Tamarindo, and Pica Limon. See the New Mexico Department of Health [press releases](#) on lead in some Mexican candy and seasonings for more information.

- Adults who work in or around these jobs or hobbies might have lead dust on their clothing: It is important to shower and change clothes before being around children or pregnant woman. Dirty clothes should be placed in a plastic bag and washed separately from other family clothes and linens. See [Jobs and Hobbies Which Can Expose You to Lead](#) and [Protect your Family from Lead Used in your Small Business or Hobby](#)

How to Keep Your Children from Getting Lead-Poisoned

- If you are pregnant or plan to be [pregnant](#), protect yourself and your unborn child from lead. Have a lead test.
- Always wash children’s hands before meals/snacks, and before naps and bedtime. Wash toys, bottles, and pacifiers often.
- Children with poor diets are more likely to be lead-poisoned. They need foods that are high in calcium, iron and vitamin C. See [Foods That May Help Reduce the Harmful Effects of Lead](#)
- Avoid sweets and fatty foods! Lead can be stored in body fat.
- Give children healthy snacks between meals. More lead is absorbed on an empty stomach.
- Keep children away from peeling, chipped or cracked lead-based paint.
- Clean regularly and use a wet cloth to wipe up dust where children sleep and play. See [How to Clean a Home That Has Lead-Contaminated Dust](#) if you have lead-based paint in your home.
- Try to keep children from playing on the bare ground if lead might be in the soil – especially around a house with lead-based paint.
- Before remodeling an older house (built before 1978) in which young children or pregnant women are living, find out how to do it safely. **Never dry sand or scrape lead-based paint.** See <http://www.epa.gov/lead/pubs/leadsafetybk.pdf> for more information.



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