

Childhood Lead Poison Prevention

Health Plan
of San Joaquin

Mountain Valley
Health Plan

Lead poison is 100% preventable.

→ Talk to your doctor about how and when to get a Lead Screening test done.

Why is testing for lead poison important?

→ Lead is a highly toxic metal that can be found in soil, food, and water. Not everyone with lead in their blood will have obvious symptoms. Even a small amount of lead in the blood can be dangerous.

Who is most at risk for lead poison?

→ **Children 6 months to 6 years old** are at highest risk because they do more hand-to-mouth activity. This age group also spends most of their time at home, day care, or older buildings.

Where can lead be found?

→ The most common way to get lead poison is by exposure and ingesting dust, dirt, and old paint chippings.

Common Sources of Lead Poison



Food



Drinking Water



Medicine



Toys



Soil



Dust



Makeup



Jewelry



Imported products



Yards and playgrounds




Paint chippings on old homes built before 1978



Pipes and solder

Lead exposure can cause:

 Damage to the brain and nervous system.

 Slow growth and development.

 Learning and behavioral problems that lead to hearing and speech problems.

These are simple ways to protect your child from lead poison:

- Ask your doctor about getting a lead test done.
- Teach your children to wash their hands, specifically before eating.
- Clean your home and toys regularly.
- If you work in an environment that has lead, make sure you change your clothes and shower as soon as you get home.

To learn about testing your home for lead exposure, start by calling your local health department.



San Joaquin County
209-468-2593



Stanislaus County
209-558-8860



El Dorado County
530-573-3165



Alpine County
530-694-2235

Common Questions

How can I find out if my child has lead poison?

Your doctor will ask you questions to see if your child is at risk for lead poison.

There are two types of test that can screen for lead poison:



Capillary (finger stick) — In-office visit; this will test the blood to see if there are any levels of lead.



Venous blood test — This can be done initially or as a follow-up test if they find high levels of lead.



Where can I get a lead screening test?

Start by talking to your child's doctor to get a screening done. Your doctor will then refer you to get a test done.

Is there any safe level of lead for a child?

There is no safe lead level for children. Children are especially at risk from lead because of their small size and developing brains. Lead exposure can affect nearly every system in the body.



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Visit www.hpsj.com/childhood-lead-poison-prevention for more information!