

Test Results Form

Your Child's Blood Lead Test Results

Your child's blood was tested for lead using a Lead Care II portable blood lead analyzer, which tests blood from a finger-stick or capillary blood test.

Your child's blood lead test result is written in the box below. This number tells us how much lead is in your child's blood (measured in micrograms, μg , per deciliter, dL). The blood lead level will tell us whether your child has been exposed to lead in the last few months.

Child's Name	Result ($\mu\text{g}/\text{dL}$)	Date

There is no totally safe level of lead for children. Below is a general guide to help you understand the results of your child's blood lead test.

Below 5 $\mu\text{g}/\text{dL}$	This is a typical blood lead level. Follow the advice below to help your child avoid exposure to lead.
5–9 $\mu\text{g}/\text{dL}$	This level is above average and means that there is an exposure to lead. Follow the advice below to help your child avoid exposure to lead.
Above 10 $\mu\text{g}/\text{dL}$	Any level above 10 $\mu\text{g}/\text{dL}$ is considered high. See your health care provider to confirm the results within one month.

Protect your family from lead and other environmental hazards

- Wash your child's hands often, especially after playing outside and before eating.
- If you live in or spend a lot of time in a house that was built before 1978, regularly inspect the home for signs of chipping, peeling, or deteriorating paint.
- Damp dust and mop frequently.
- Soil may contain lead. Use door mats to wipe off shoes at entrances or remove shoes before entering your house.
- Feed your children a diet that will help protect them from lead. Serve foods high in calcium, iron, vitamin C, and low in fat.
- If you work with lead, you could bring it home on your hands and clothes. Shower and change your clothes before coming home. Launder your work clothes separately from the rest of your family's clothes.
- Ask your doctor or health care provider if your child should be tested again later.

If you have any questions about childhood lead poisoning or your child's results, contact us at:

Washington State Childhood Lead Poisoning Prevention Program

1-800-909-9898 • <http://www.doh.wa.gov/ehp/lead>