

**Child's First Name:** \_\_\_\_\_ **Parent:** \_\_\_\_\_  
**Child's Last Name:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Environmental Interventions** (supply parent with educational materials #1-307, #1-308, #1-315, #09-13409)

- Potential sources of lead
  - Lead paint
  - Lead contaminated dust and soil
  - Lead contaminated water from lead pipes or lead solder
  - Imported mini-blinds
  - Home remedies (Azarcon or Greta)
  - Lead contaminated food from storage in ceramic pottery, leaded crystal, and lead soldered cans
  - Occupations and hobbies
- Certified professionals should conduct lead abatement
- Methods to reduce their child's lead exposure
  - Create barriers between living/play areas and lead sources (i.e. tape over lead painted windowsills or doorframes, plant grass in bare soil areas)
  - Wash child's hands and face before meals and at bedtime
  - Wash child's toys, pacifiers, and bottles often
  - Wet mop floors regularly and wet wipe window components
  - Vacuum carpeted areas before wet mopping floors
  - Keep child from eating nonfood items
  - Keep child away from peeling, chipping, or flaking paint
  - Prevent child from playing in bare soil areas
  - Keep child away from areas where lead is being used (i.e. hobbies, occupations)
  - Relocate if lead contamination is extensive and not easily remediable
- Potential water hazards
  - Do not cook with or allow children to drink hot tap water
  - Run cold tap water for 1-2 minutes in the morning and fill a pitcher with the water. Use this water for drinking, cooking, and formula preparation
  - Use bottled water if drinking water is contaminated

**Nutritional Interventions** (supply parent with educational material #EPA-747-F-01-004)

- Feed child foods rich in absorbable iron, vitamin C, and calcium
- Feed child three healthy meals and two nutritious snacks each day
- Use glass, plastic, or stainless steel containers for storing, preparing, or serving food

**Medical Care** (supply parent with educational material #1-311)

- The importance of recommended medical follow-up
  - After the blood lead level goes below 3.5 µg/dL, screen children for lead at least once a year up to the age of 6
- Risks associated with elevated blood lead levels

Download educational materials by visiting [www.dshs.texas.gov/lead](http://www.dshs.texas.gov/lead) and clicking on the "Educational Materials" link.

**If you have any questions or comments about lead, please contact the Texas  
Childhood Lead Poisoning Prevention Program by phone at 1-800-588-1248.**