



For Children with Elevated Blood Lead Levels 4.5 to 14 µg/dL

Child's Name: _____

Child's level is: _____ Date: _____

Your child's blood test shows an exposure to lead. Lead levels of 4.5 or higher are serious and can be harmful. It can cause lower IQ and problems with behavior, learning and hearing.

You and your doctor can work together to help your child!

Here's what YOU can do:

- Make an appointment to retest your child within three months, and again as necessary. NEXT TESTING DATE: _____
- Please call the office if your address or phone number changes, so we can remain in touch.
- Consider a blood test for all children in your home.
- Make sure your child is getting the healthy foods that are rich in calcium, iron and vitamin C to protect them from lead. See some examples below:

Calcium

Cheese
Cottage Cheese
Dark, leafy green vegetables
Milk
Yogurt

Iron

Dried Fruits
Iron fortified cereals
Lean red meats, fish,
Chicken, turkey
Legumes

Vitamin C

Bell Peppers
Grapefruit
Oranges
Potatoes
Tomatoes

- Learn more about lead, how to keep your child safe, and how to safely clean and remodel your home by visiting michigan.gov/lead.
- To get an application and apply for the Lead Safe Home Program call (866) 691-5323.
- Contact your Local Health Department to learn about additional resources.

For more information about lead call Michigan's Childhood Lead Poisoning Prevention Program at 517-335-8885.

