



Healthy Homes Environmental
Consumer Management & Senior Care
3901 Meadows Dr / Indianapolis IN 46205
PH 317-221-2155 / FAX 317-221-2296
www.mchd.com

Dear Parent or Guardian of _____,

We appreciate your efforts in monitoring your child's health. The results of your child's blood lead test performed on _____ indicate a blood lead level of _____ ug/dL. A level of 4 ug/dL or lower does not require any follow up at this time.

Elevated levels of lead in children under the age of 7 can cause serious health, learning and behavior problems. Please, plan to have your child tested again on or before _____.

Meanwhile, there are several things you can do to make sure your child's lead level does not go up or to lower it even more.

1. Make sure your child does not have access to peeling paint.
2. Wash your child's hands frequently, especially if they are playing in the soil or on the floor and when they are going to be eating or snacking.
3. Wash pacifiers and toys often. This is very important if your child tends to mouth objects.
4. If your house was built before 1978,
 - a. Wet mop bare floors and porches
 - b. Wipe down other hard surfaces such as base boards and windowsills with a damp cloth. (Wet/damp cleaning will prevent lead dust from getting into the air where it may be inhaled or resettle on a surface where your child will come into contact.)
 - c. Let cold water run in the faucet for 2 minutes before using for drinking, making bottles, or cooking.
5. DO NOT use pottery or ceramic ware to store or serve food. (The paint or glaze may contain lead)
6. Make sure your child has a well-balanced low-fat diet rich in iron, vitamin C and calcium. (This will help prevent your child from absorbing lead they may come into contact with)

If you have any questions, please, contact me at the number listed below.

Sincerely,

Childhood Lead Poisoning Prevention Program
Marion County Public Health Department
317-221-2155