

佛蒙特州法律要求
对本州所有1岁和2
岁儿童进行铅检查

人体内没有铅的安全水平。儿童有可能看起来很健康，但已受到铅的损害。铅会损害儿童的生长、行为和学习能力。查明您的孩子是否接触铅的唯一方法是进行血液检查。

通常在儿童1岁和2岁时的健康就诊时，首次对他们进行毛细血管检查，即从手指、脚跟或脚趾中抽取少量血液进行检查。

如果在您孩子的血液中检测到铅，则可能需要对他们进行监测，或者可能需要通过静脉血液检测来复核结果。该检测（通常在手臂）抽取来自静脉的血液。静脉检查结果更加准确。

您能做些什么？

- **第一步**是为您的孩子进行铅含量检查。您做到了！
- 如果您孩子血铅的水平为 $3.5 \mu\text{g}/\text{dL}$ （微克/每100毫升）或更高，则安排静脉检测。
- 不论您的孩子的血铅水平是多少，都应了解如何防止您的孩子接触铅。访问healthvermont.gov/lead致电健康之家铅中毒预防计划（Healthy Homes Lead Poisoning Prevention Program），电话802-863-7220或800-439-8550。

| 毛细血管血铅检查结果 | 何时需通过静脉血液检查进行确认 | |
|--|---|--|
| 未检测到铅 (DL) | 无需确认。您孩子的血液中未检测到铅。 | |
| DL – $3.4 \mu\text{g}/\text{dL}$ | 在接下来的 6 个月内 通过另一项检测进行监测。您的孩子血液中的铅含量很少。检查铅的来源，以防止您孩子体内的铅水平升高。 | |
| $3.5 - 9 \mu\text{g}/\text{dL}$ | 1个月至3个月 。如果得到确认，则您的孩子比大多数孩子的铅含量高。采取措施，以减少铅的来源。卫生部门将会与您联系，以帮助您找到铅的来源。 | |
| $10 - 44 \mu\text{g}/\text{dL}$ | 2周至1个月 。如果得到确认，则您的孩子的铅水平很高。您和您的医生应迅速采取行动，以减少铅的来源，并讨论您的孩子的饮食、生长和发育。卫生部门可能会拜访您的家，以帮助您找到潜在的铅来源。 | |
| $45 - 59 \mu\text{g}/\text{dL}$ | 48小时 | 如果得到确认，您的孩子将立即需要医疗救治。立即咨询您的医生，并减少铅的来源。 |
| $60+ \mu\text{g}/\text{dL}$ | 立刻 | 卫生部门可能会拜访您的家，以帮助您找到潜在的铅来源。 |
| 毛细血管检查结果越高，就越急需通过静脉检查进行确认。 | | |
| 您的孩子的检查结果 _____ $\mu\text{g}/\text{dL}$ 日期 _____ | | |

如何防止您的孩子受到铅污染

在佛蒙特州，大多数铅中毒是由于误吞因油漆剥落和碎裂而产生的无形铅尘。铅尘会粘附在儿童吮吸的手指和物品上。1978年之前建造的房屋可能会用含铅油漆。您可以采取以下措施来预防铅中毒：

维护



- 检查油漆是否碎裂、剥落、破裂或受干扰。
- 安装窗井插件，以形成光滑的清洁表面。
- 使用铅安全工作惯例，如湿磨和湿刮。

清洁



- 只使用带有HEPA过滤器的吸尘器，并缓慢吸尘。
- 用湿拖把拖地，并使用湿的一次性毛巾擦拭窗台和表面。
- 将鞋子放在门边，以避免带入含铅的土壤。
- 经常清洗儿童玩具，以去除不可见的铅尘。

健康饮食



- 为儿童提供水果、蔬菜和乳制品以及富含铁的食物。
- 在无铅土壤园子中种植蔬菜和其他食品。
- 经常为孩子洗手，尤其是在进餐、小睡和就寝之前。
- 在餐桌上或高脚椅上为儿童提供零食和饭菜。

提防其他铅来源

铅还可能存在于土壤、水和诸如钥匙、玩具和古董之类的产品中。



- 对饮用水进行铅含量检查。如需了解更多信息，请访问：healthvermont.gov/water/lead
- 打开水管放水到水变冷，再用于烹饪、饮用和调制配方奶。
- 防止儿童在靠近道路和老旧房屋的裸露土壤中玩耍。
- 不要让孩子玩金属钥匙。
- 不要将食物存放在开口的罐或陶器中。
- 让孩子远离某些爱好，如制作子弹或彩色玻璃。
- 注意由消费者产品安全委员会 (www.cpsc.gov) 召回的产品。

State law requires that all Vermont children are tested for lead at age 1 and again at age 2

There is no safe level of lead in the body. A child can be hurt by lead and still look healthy. Lead can harm a child's growth, behavior, and ability to learn. The only way to find out if your child has been exposed to lead is with a blood test.

Children are usually first tested with a capillary test – a small amount of blood taken from a finger, heel or toe – at their 1- and 2-year-old well child visits.

If lead is detected in your child's blood, they may need to be monitored or the result may need to be checked again with a venous test. This test uses blood from a vein (often in the arm). The venous test result is more accurate.

What can you do?

- Getting your child tested for lead is the first step. You did this!
- Schedule a venous test if your child's level is 3.5 µg/dL (micrograms per deciliter) or higher.
- No matter what your child's blood lead level is, learn how to protect your child from being exposed to lead. Visit healthvermont.gov/lead or call the Healthy Homes Lead Poisoning Prevention Program at 802-863-7220 or 800-439-8550.

| Capillary Blood Lead Result | When to confirm with a venous blood test | |
|---|---|--|
| No detected lead (DL) | No Confirmation needed. There is no detected lead in your child's blood. | |
| DL – 3.4 µg/dL | Monitor over the next 6 months with another test. There is very little lead in your child's blood. Review sources of lead to keep your child's lead level from rising. | |
| 3.5 – 9 µg/dL | 1 month to 3 months. If confirmed, your child has more lead than most children. Take steps to reduce sources of lead. The Health Department will contact you to help you find sources of lead. | |
| 10 – 44 µg/dL | 2 weeks to 1 month. If confirmed, your child's lead level is high. You and your doctor should act quickly to reduce sources of lead and discuss your child's diet, growth and development. The Health Department can visit your home to help you find where lead may be coming from. | |
| 45 – 59 µg/dL | 48 hours | If confirmed, your child will need medical treatment right away. Consult with your doctor and reduce lead sources immediately. The Health Department can visit your home to help you find where lead may be coming from. |
| 60+ µg/dL | Immediately | |
| The higher the capillary test result, the more urgent the need to confirm with a venous test. | | |
| Your child's test result _____ µg/dL Date _____ | | |

How to Protect Your Child From Lead

In Vermont, most lead poisoning comes from swallowing invisible lead dust that comes from peeling and chipping paint. The dust clings to fingers and objects that children put in their mouths. Houses built before 1978 likely have lead paint. Here's what you can do prevent lead poisoning:



Maintain

- Check for chipping, peeling, cracked or disturbed paint.
- Install window well inserts to provide a smooth cleaning surface.
- Use lead-safe work practices – such as wet sanding and wet scraping.



Clean

- Use only a vacuum with a HEPA filter, and vacuum slowly.
- Wet mop floors and use wet disposable towels on windowsills and surfaces.
- Leave shoes at the door to avoid tracking in soil that contains lead.
- Wash children's toys often to remove invisible lead dust.



Eat healthy

- Serve children fruits, vegetables and dairy products, as well as iron-rich foods.
- Plant vegetable and other food gardens in lead-free soil.
- Wash children's hands often, especially before meals, naps and bedtime.
- Serve snacks and meals to children at the table or in their highchairs.

Watch out for other sources of lead

Lead can also be found in soil, water, and products, such as keys, toys, and antiques.



- Have your drinking water tested for lead. Learn more: healthvermont.gov/water/lead
- Run water until cold for cooking, drinking and making formula.
- Keep children from playing in bare soil near roadways and older houses.
- Do not let children play with metal keys.
- Do not store food in open cans or pottery.
- Keep children away from certain hobbies, like making bullets or stained glass.
- Be aware of products that have been recalled by the Consumer Product Safety Commission (www.cpsc.gov).