

Resources

For more information contact

Nevada Early Intervention Services (NEIS)

- ☎ (702) 486-7670 – Clark
- (775) 688-1341 – Washoe
- (775) 687-0101 – Carson
- 1-800-522-0066 – Statewide
- 📄 dhhs.nv.gov/Programs/IDEA/Early_Intervention_Programs

If you need an evaluation of your child's development, NEIS provides services to children (birth to 3 years old) at no cost if your child qualifies.

Child Find Department

- ☎ (702) 799-7463 – Clark
- (775) 327-0685 – Washoe
- 📄 dhhs.nv.gov/Programs/IDEA/ProjectASSIST/Local-Resources/

If your child is 3 or older, services are available for children through your local school district at the Child Find Department.

WIC Program of the Nevada State Division of Public and Behavioral Health

- ☎ 1-800-8-NEV-WIC (1-800-863-8942)
- 📄 nevadawic.org/for-families/closest-clinic

Ask your WIC Nutritionist for advice on what your child should eat. Find your nearest WIC clinic using the site and hotline listed above. All services are income based.

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Local Health Departments

Carson City - Department of Health and Human Services

- ☎ (775) 887-2190
- 900 East Long Street
- Carson City, NV 89706
- 📄 gethealthycarsoncity.org/contact-us

Rural Counties Health District

- ☎ (775) 684-5911
- 4126 Technology Way
- Suite 200
- Carson City, NV 89706

Washoe County Health District

- ☎ (775) 328-2003
- 1001 East Ninth Street
- Reno, NV 89520
- 📄 washoecounty.us/health/contact-us.php

Southern Nevada Health District

- ☎ (702) 759-1000
- 280 South Decatur Boulevard
- Las Vegas, NV 89107
- 📄 snhd.info/clppp

To learn more about
lead in Nevada visit
www.nvclppp.org

After The Lead Test



Understanding The Results



What Do These Numbers Mean?

When your doctor gives you the results of your child's blood test, you can use this table to help understand what you can do to keep your child healthy and safe. Test results are usually given in micrograms per deciliter or µg/dL.

If it is You should...

0 – 4.9
µg/dL

Even though your child's blood lead level is low, you can still use the following tips to keep your child safe.

5 – 9.9
µg/dL

Your child has a little more lead than most children. Talk to your doctor about how to reduce lead.

10 – 44
µg/dL

Take action.
Your doctor and local health department can help you identify sources of lead and ways to protect your child.
Your child should be tested again.

45 +
µg/dL

Get IMMEDIATE care.
This is considered serious lead poisoning.



Tips to lower your child's blood lead level

(Recommended for all children)

- 1. Follow your doctor's instructions**
Go to all follow-up appointments. Your child may need to be retested. Your doctor will need to monitor your child's lead level.
- 2. Remove sources of lead**
Visit www.nvclppp.org for a list of lead sources. Your local health department may be able to help you identify sources of lead exposure. Call your local health department for more information.
- 3. Eat healthy foods**
Nutritious food makes it more difficult to absorb lead. Have healthy meals and snacks high in calcium, iron, and vitamin C such as kale, lean red meat, & oranges.
- 4. Take precautions**
If you work with lead at your job or hobby, be sure to wash your hands and change your clothes and shoes before leaving work. Wash work clothes separately from other laundry.
- 5. Clean your home**
Use soap and water to wash anything that may have come in contact with lead. Wet cleaning reduces the spread of lead dust.



Hands



Toys




Pacifiers



Bottles

Keeping your home safe and clean is important.
Follow these tips to clean your home:

Lead dust can come from chipping and peeling paint.

- 1. Proceed safely**
Lead dust is dangerous to everyone:
 - Wear rubber gloves while cleaning
 - A pregnant woman must NOT be the one to clean up lead dust
 - Keep children away while cleaning
- 2. Wet cleaning**
This method reduces the spread of lead dust. For shelves, start at the highest point and work your way down. For floors, start at the farthest corner and work your way to the door.

 1. Using **SOAPY** water, wipe surface with a rag or mop.
 2. **RINSE** with plain water.
 3. Squeeze water out of the rag or mop into an **EMPTY** bucket.
 4. Repeat until room is clean.
 5. Wet clean everything regularly.
- 3. Vacuum with HEPA**
Use a HEPA (high efficiency particulate air) filter vacuum cleaner, NOT a regular household vacuum. Vacuum from top to bottom then left to right.
Rugs can be steam cleaned or washed in a washing machine.
DO NOT WASH WITH OTHER CLOTHES OR LINENS.

While wet cleaning, clean **ONE** room at a time.
When finished with one room, empty all buckets. Repeat steps until done.