



Physician Checklist for Parent Education Topics

Child's First Name: _____ Parent: _____

Child's Last Name: _____ Date: _____ / _____ / _____

Environmental Interventions (supply parent with educational materials #1-307, #1-308, #1-309)

- 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 #13-32)

- 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 materials #1-310 and #1-311)

- The importance of recommended medical follow-up
 - After the blood lead level goes below 10 $\mu\text{g}/\text{dL}$, screen children for lead at least once a year up to the age of 6
 - Risks associated with elevated blood lead levels
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Texas Childhood Lead Poisoning Prevention Program
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