



Mid-Atlantic Center for Children's Health and the Environment

Medical & Environmental Checklist for Lead

Medical History	Notes
What are the child's symptoms?	
What is the child's developmental history?	
To what degree does the child exhibit hand-to-mouth activity?	
Does the child have a history of pica or currently exhibit pica?	
Are the child's hands washed before meals and snacks?	
Results of previous BLL tests	
Any family/maternal history of exposures to lead?	
Environmental History	
<i>Paint and Soil exposure</i>	
What is the age and general condition of the residence? How long has the family lived there?	
Are there industry, highways, or airports near the home?	
Is there evidence of chewed or peeling paint on woodwork, furniture, or toys?	
Have there been recent renovations or repairs in the house?	
Are there other sites where the child spends significant amounts of time? Where?	
What is the condition of indoor play areas?	
Do outdoor play areas contain bare soil that may be contaminated?	
How does the family attempt to control dust/dirt?	
<i>Water exposure</i>	
Does the child's home have leaded pipes or fixtures?	
Has the water been tested at the residence? If yes, what were the results?	
Has the water been tested at other places where the child spends significant amounts of time? If yes, what were the results?	
<i>Folk Remedies</i>	
Does the family use folk remedies, such as Greta and Azarcon; Hispanic traditional medicines; Ghasard, an Indian folk	

medicine; Ba-baw-saw, a Chinese herbal remedy; or anything else?	
Spices and Candy	
Does the family use Southeast Asian spices such as turmeric?	
Does the family eat candy from Mexico with tamarind as an ingredient, which may contain lead?	
Does the family eat candy imported from Malaysia, China, or India?	
Cosmetics and Religious Powders	
Does the family use Swad brand Sindoor, a cosmetic used in Hinduism; Tiro, an eye cosmetic from Nigeria. Kohl or surma, an eye cosmetic from Southeast Asia? Or the Middle East?	
Cookware and Dishes	
Does the family use inexpensive aluminum cookware or aluminum cookware brought to the United States from other countries?	
Does the family use old ceramic or pewter cookware; old urns/kettles; decorative pottery from Mexico; ceramics from China; or other imported cookware to prepare or store food?	
Does the family use glazed pottery or leaded crystal?	
Lunch Boxes	
Does the child use a soft vinyl lunch box? Some may contain lead in the lining.	
Toys	
Does the family use imported toys or crayons?	
Are toys old and cracking?	
Are the toys brightly colored (red, orange bold colors)	
Jewelry	
Does the family have jewelry that contains lead, and that the child puts into their mouth?	
Household member information	
What are the occupations of adult household members?	
What are the hobbies of household members? (Fishing, working with ceramics or stained glass, and hunting are examples	

of hobbies that involve risk for lead exposure.)	
Are painted materials or unusual materials burned in household fireplaces?	
Miscellaneous questions	
Does the home contain vinyl miniblinds made overseas and purchased before 1977?	
Nutritional History	
<i>Take a dietary history</i>	
<ul style="list-style-type: none"> • How many servings of calcium rich foods, such as dairy and green leafy vegetables did the child eat in the last week? 	
<ul style="list-style-type: none"> • How many servings of iron rich foods, such as lean meats, fish, eggs, and beans did the child eat in the last week? 	
<ul style="list-style-type: none"> • How many servings of Vitamin C rich foods, such as citrus fruits, green vegetables, and potato skins did the child eat in the last week? 	
Evaluate the child's iron status using appropriate laboratory tests	
Ask about participation in The Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, or The Special Supplementation Nutrition Program for Women, Infants, and Children program (WIC).	
Does the family have a vegetable garden? Has the soil been tested for lead.	
Physical Examination	
Pay particular attention to the neurologic examination and to the child's psychosocial and language development.	
Pay particular attention to stigmata of anemia, for example conjunctival pallor and tachycardia.	

This checklist is to be used to help identify sources of lead and does not constitute medical advice. This list is not exhaustive and may inadvertently omit sources of lead.

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