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, #1-315, #09-13409)

☐ 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 #EPA-747-F-01-004)

☐ 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 material #1-311)

☐ The importance of recommended medical follow-up
  ☐ After the blood lead level goes below 5 µg/dL, screen children for lead at least once a year up to the age of 6
☐ Risks associated with elevated blood lead levels

Download educational materials by visiting www.dshs.texas.gov/lead and clicking on the “Educational Materials” link.

If you have any questions or comments about lead, please contact the Texas Childhood Lead Poisoning Prevention Program by phone at 1-800-588-1248.

Texas Childhood Lead Poisoning Prevention Program
PO BOX 149347 • Austin, TX 78714-9347 • 1-800-588-1248 • www.dshs.texas.gov/lead

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