

# Information for Families: Getting a Blood Lead Test

## Who should get a blood lead test?

The [Minnesota Childhood Blood Lead Screening Guidelines](https://www.health.state.mn.us/communities/environment/lead/docs/reports/leadscreenguide.pdf) (<https://www.health.state.mn.us/communities/environment/lead/docs/reports/leadscreenguide.pdf>) recommend that ALL children should get a blood lead test around 12 *and* 24 months of age. They also recommend that children ages 25 months through 17 years should get a blood lead test if they meet criteria in the risk questionnaire found in the screening guidelines.

If you are concerned your child may have been exposed to lead, talk to their health care provider and request a blood lead test. The screening guidelines recommend a child should receive a blood lead test if their parent or guardian expresses concern about lead exposure or asks for their child to be tested for lead poisoning.

Pregnant and breastfeeding adults are also recommended to get a blood lead test from their health care provider if they meet criteria for a blood lead test based on the [Blood Lead Screening Guidelines for Pregnant and Breastfeeding Women risk questionnaire](https://www.health.state.mn.us/communities/environment/lead/docs/reports/pregnancy1page.pdf) (<https://www.health.state.mn.us/communities/environment/lead/docs/reports/pregnancy1page.pdf>). Other adults may also want to ask their health care provider for a blood lead test if they think they may have been exposed to lead through their work, hobbies, or by using products found to contain lead.

If you have more questions about blood lead testing, you can contact MDH Health Risk Intervention staff listed on the [MDH Lead Contacts](https://www.health.state.mn.us/communities/environment/lead/contactus.html) (<https://www.health.state.mn.us/communities/environment/lead/contactus.html>) webpage.

## Where can I get a blood lead test for my child?

Routine blood lead tests are covered by insurance and medical assistance programs as a preventative health care service.

Contact your child's primary health care provider to request a blood lead test. If your child does not have a primary health care provider or health insurance, there are several resources available:

- Contact your county public health or health services department for information about signing up for health insurance, free or low-cost care clinics, and other health services that may be available like WIC services or health screenings.
- [MDH Child and Teen Checkups: Information for Families](https://www.health.state.mn.us/people/childrenyouth/ctc/families.html) (<https://www.health.state.mn.us/people/childrenyouth/ctc/families.html>) has information about Child and Teen Checkups (C&TC) appointments and resources for families. The [C&TC Free Child Checkups](https://freechildcheckups.com/) (<https://freechildcheckups.com/>) website helps families determine C&TC eligibility, learn about C&TC appointments, and find medical or dental clinics, health insurance, transportation assistance, translation services, appointment scheduling, and

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resources such as food, mental health, crisis and shelter. This site provides resources by county and assistance in Hmong, Spanish, and Somali.

- [Help Me Connect \(https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/\)](https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/) is a navigator site connecting expectant families, families with young children (birth – 8 years old) and those working with families to services in their local communities that support healthy child development and family well-being. Their site includes information about many services and programs that are free or low-cost including healthy development and screening, and is also available in Hmong, Spanish, and Somali.
- Some nonprofits provide free blood lead testing. One nonprofit that offers free blood lead tests is Sustainable Resources Center, Inc. (SRC). When they have blood lead testing events, these events are posted to their [SRC Events Calendar \(https://www.src-mn.org/events.html\)](https://www.src-mn.org/events.html).

Minnesota Department of Health  
Lead Poisoning Prevention Program  
PO BOX 64975  
St. Paul, MN 55164-0975  
[www.health.state.mn.us](http://www.health.state.mn.us)

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*To obtain this information in a different format, call: 651-201-4620.*