

## When to Test Hemoglobin or Receive Blood Work

	<b>WIC Hemoglobin Requirement**</b>	<b>When to perform the test or receive the value</b>	<b>Notes</b>	<b>CDC recommendation (not required)</b>
<b>Infants 0-5 months</b>	Not required from birth to 5 months of age	At an appointment when the infant is 6 months or older		
<b>Infants 6-12 months</b>	One test from 6 through 12 months of age	At the certification* for infants certified at 6-12 months.		<i>CDC recommends the infant test from 9 through 12 months of age.</i>
<b>Children 12-24 months</b>	One test from 12 through 24 months of age.	Staff can use a blood test from 9-12 months for the infant to child recertification.  Test again between 12-24 months if staff used a test from 9-12 months to meet the infant to child certification requirement.	Staff must do a follow up blood test every 6 months when the previous value was low until the value returns to the normal range.	<i>CDC recommends the child's blood test 6 months after the infant test, from 15 through 18 months of age.</i>
<b>Children 2-5 years</b>	One test each year from 2 years to 5 years of age.	At each certification or recertification.*	Staff must do a follow up blood test every 6 months when the previous value was low until the value returns to the normal range.	
<b>Pregnant Women</b>	One test during current pregnancy.	At the certification or recertification.*		<i>CDC recommends a blood test as early as possible during pregnancy.</i>
<b>Breastfeeding and Postpartum women</b>	One test after the end of the pregnancy.	At the certification or recertification.*	Breastfeeding women only need one blood test during the eligibility period.	<i>CDC recommends a blood test 4 to 6 weeks after delivery.</i>

\* **Monthly check requirement:** Issue monthly checks until staff performs the blood test or obtains the value.

\*\* Meets Washington WIC and USDA/FNS policy requirements



Questions? Contact us:

**Email:** [WAWICtraining@doh.wa.gov](mailto:WAWICtraining@doh.wa.gov)

**Phone:** 1-800-841-1410  
(Ask for the Communications and Training Team)

**Visit our website:** [www.doh.wa.gov/wicstaff](http://www.doh.wa.gov/wicstaff)

**Washington State WIC Nutrition Program does not discriminate.**

For persons with disabilities, this document is available on request in other formats.  
To submit a request, please call 1-800-525-0127 (TDD/TTY call 711)

This institution is an equal opportunity provider.



DOH 960-328 August 2018



**PUBLIC HEALTH**  
ALWAYS WORKING FOR A SAFER AND  
HEALTHIER WASHINGTON