



MedStar Family Choice

DISTRICT OF COLUMBIA

**Know the Facts.
Get Informed.
Be Empowered!**



Preventing Lead Poisoning

Lead poisoning is a buildup of a substance called lead in the body.

This occurs over a period of months or years. Lead-based paint and its dust, usually found in older buildings, are common sources of exposure. Young children are especially at risk for lead poisoning.

How Can I Help Protect My Child from Lead Poisoning?

Lead poisoning is entirely preventable. **The best way to help protect your child is to have him or her tested for lead.** You can also take steps to lower your child's risk:

- Wash your child's hands and toys often with cold water
- Test the water in your home for lead
- Keep your child away from peeling paint
- Wet-wipe dust from window sills
- Wet-mop floors
- Avoid candies, toys and children's jewelry imported from Mexico
- Remove recalled toys immediately
- Avoid traditional medicines with known lead content in Hispanic, Indian, Chinese, Thai and Myanmar remedies
- Use containers, cookware, tableware and pottery that are shown to be lead-free
- Have your child play on grass, **pavement or mulch, instead of on bare soil.**

Does MY child have lead poisoning?

The only way to know for sure if your child has been exposed to lead is with a blood lead test and a medical diagnosis.

When Should My Child Be Tested?

All children need a blood lead test done at 1 year and 2 years of age, or between 2 and 5 years of age, if not tested earlier. Use this checklist to keep track of when the doctor has completed your child's blood lead tests.

1 Year/Date:

2 Years/Date:

To find a doctor or schedule an appointment, please call: **844-391-6678**. For Transportation, please call: **866-201-9974**. For more information about events, programs and classes, please visit the **MedStar Family Choice District of Columbia (MFC-DC) Enrollees Events and Outreach Programs** website: www.medstarfamilychoicedc.com/enrollees/events-and-outreach-programs.

MedStar Family Choice District of Columbia complies with all applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 888-404-3549 từ 8 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

'영어로 대화를 못하시거나 영어를 읽지 못하시는 경우, 오전 8시 00분에서 오후 5시 30분 사이에 888-404-3549번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

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‘如果您不能講和/或不能閱讀英語，請在上午 8:00 到下午 5:30 之間給 888-404-3549 打電話。我們會有代表幫助您



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Choice

DISTRICT OF COLUMBIA



This program is funded in part by the
Government of the District of Columbia
Department of Health Care Finance.

WE ARE
WASHINGTON
DC
GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

It's how we treat people.