



MedStar Family  
Choice

DISTRICT OF COLUMBIA



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

## What is **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.

### Does MY child have lead poisoning?

The only way to know for sure is with a **blood lead test**. Children can be exposed to lead in many ways. Lead can be found in the soil, old paint from buildings built before 1978, and on toys or surfaces around your home. Homes built after 1978 are not at risk for lead poisoning.

### How can I tell if my child has been exposed to lead?

There are often no signs of lead poisoning. When symptoms do occur, they may be mistaken for other conditions. High level of lead in a child's body can cause headaches, stomach aches, muscle pain and hearing problems. At very high levels, lead poisoning can be fatal. It can also slow down growth and brain development.

**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:

\*Children under 3 years of age are most likely to get lead poisoning as this age group often puts their hands and other objects into their mouths.

### How Can I Help Protect My Child from Lead Poisoning?



Scan the  
QR Code

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](http://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 못하는 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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This program is funded in part by the Government of the District of Columbia Department of Health Care Finance.



GOVERNMENT OF THE DISTRICT OF COLUMBIA  
**MURIEL BOWSER, MAYOR**

**It's how we treat people.**