



Fred Says:

- **Stop Smoking because cigarette smoke contains lead**
- **Children should eat a diet high in Calcium, Iron , Vitamin C and low in fats**
- **Wash your child's hands frequently especially at meal times, after using the bathroom, before naps and at bed time**

This brochure's content was adapted from:
<http://www.mde.state.md.us/programs/Land/LeadPoisoningPrevention/Pages/Programs/LandPrograms/LeadCoordination/index.aspx>
By Miriam Dobson, RN

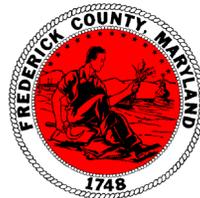
The Fred NO Lead character was developed by Lynne Phillips, RN

For more information about
Lead Poisoning Prevention,
contact:

**THE MARYLAND
DEPARTMENT OF THE ENVIRONMENT**
at (410) 537-3000.

Brought to you by:
**Frederick County Health Department
DIVISION OF COMMUNITY
HEALTH SERVICES**

**LEAD POISON
PREVENTION
PROGRAM**
301-600-1733



350 Montevue Lane
Frederick, Maryland 21702

The Frederick County Health Department provides services to all citizens of Frederick County regardless of gender, race, color, creed, physical ability, religion, national origin or any other socially constructed difference.

Department of Health and Mental Hygiene
1-877-463-3464
4/21/14 FCHD

FREDERICK COUNTY HEALTH DEPARTMENT

**CHILDHOOD LEAD POISONING
PREVENTION AND TESTING
INFORMATION**



Fred NO Lead

Brought to you by the
Maternal Child Health
LEAD POISON PREVENTION PROGRAM
301-600-1733

**WWW.FrederickCountyMD.gov/
Lead**

Who can get lead poisoning?

- Mostly, children from birth to 6 years of age.
- Anyone who eats, drinks, or breathes something which has too much lead.

Did You Know?

- Lead tends to build up in the body over time.
- Pregnant women should also know, that lead carried in her blood can effect her unborn baby.

How does lead affect health?

- A child with a high lead level may seem well.
- Lead can affect the brain, causing learning disabilities and behavior problems.
- Lead may affect the blood, kidneys, and other parts of the body.
- Some children have stomach aches, loss of appetite, or loss of interest in play. Some children may also become overly active or fussy and irritable.

What causes lead poisoning?

- Lead-based house paint was used in most homes before 1950. and was still used in some house paints until 1978. Paint on your window frames and on porches can present a risk for children.
- Small children put things in their mouths. They chew on window sills, they eat paint chips, and they suck on their hands.
- Lead from crumbling paint gets into household dust, and anything that gets dusty (like toys, pets, and fingers) can then become a source of lead poisoning.
- Before cooking or drinking, run cold water for several minutes to flush out the pipes of any possible lead.
- Older furniture (cribs, play pens, chairs, etc.) and painted toys may have lead paint.
- Old or imported ceramic dishes may be decorated with lead glazes. Food that comes in contact with a lead glaze will pick up some of the lead.
- Many children will eat almost anything. Dirt, including soil from flower pots, plaster, ashes, and charcoal. **All may have lead.**

Caution: *Only trained workers may remove or work with lead paint. Everyone else, including pets, must keep out of the work area until the job is complete and the area is carefully cleaned. Dust and fumes from lead paint removal can be dangerous.*

Testing for Lead Poisoning

- A blood lead test can help find out if someone has taken in too much lead before there are any signs of illness
- All children between 6 months and 6 years of age should be checked for lead.
- If a test for lead is high, more tests and a doctor's exam will be necessary. Be sure to follow directions carefully. You can help limit the effects of lead poisoning by getting good medical care for your child and by keeping things which have lead away from your child.

Blood testing for lead at 12 and 24 months of age is recommended for all children.

FREDERICK COUNTY ZIP CODES AT RISK FOR LEAD POISONING are:

20842 21716 21727 21769 21783
21701 21718 21757 21776 21787
21703 21719 21758 21778 21791
21704 21762 21780 21798

Where can my child be tested for Lead?

- Lead testing is no longer performed at the Frederick County Health Department.
- Please contact your child's health care provider to address your concerns about lead.
- If you do not have health insurance and you need help in accessing a provider, you may call the

**Frederick County Health Department
301-600-1733**



Fred Says:

"ZERO is the ONLY safe Lead level"