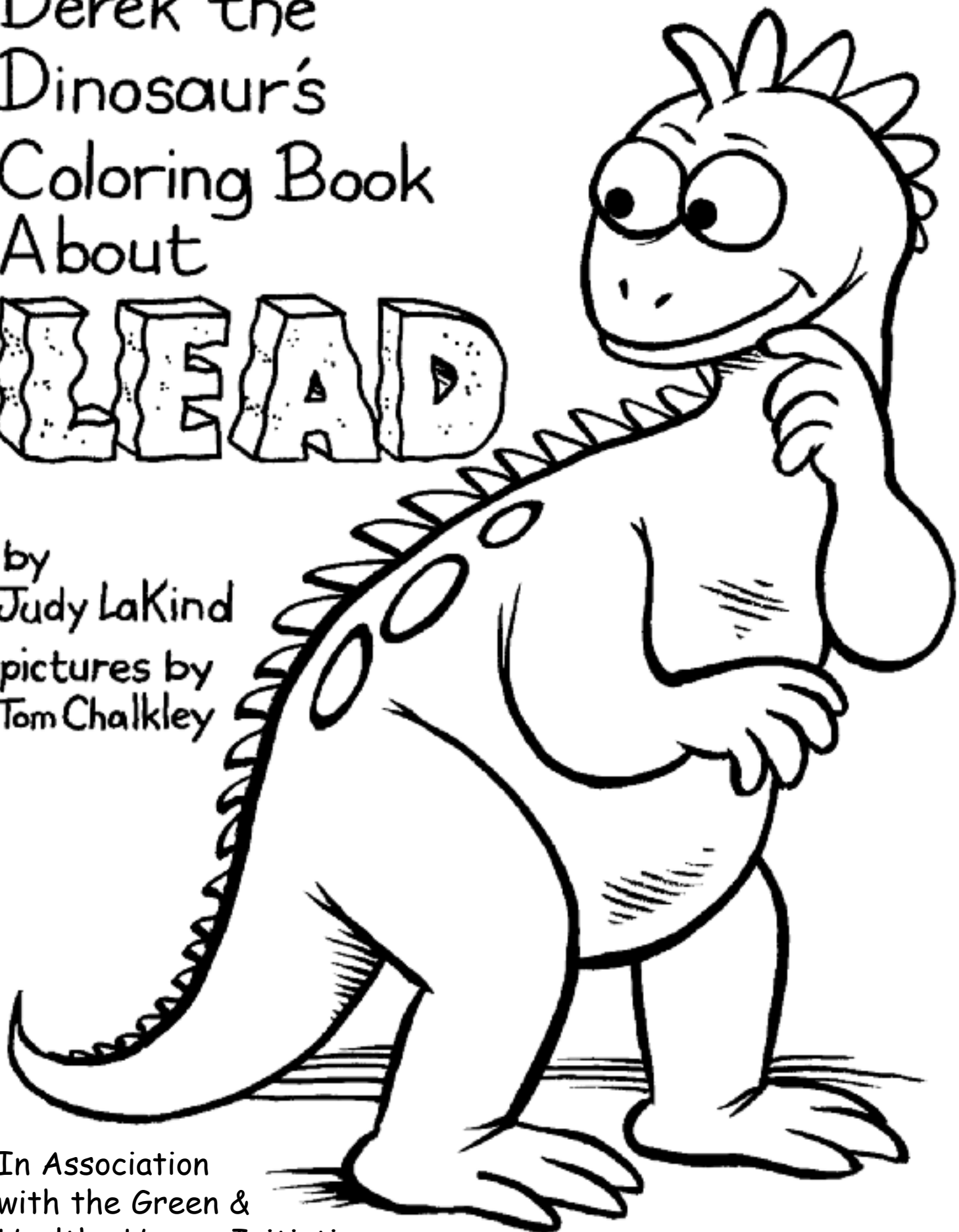


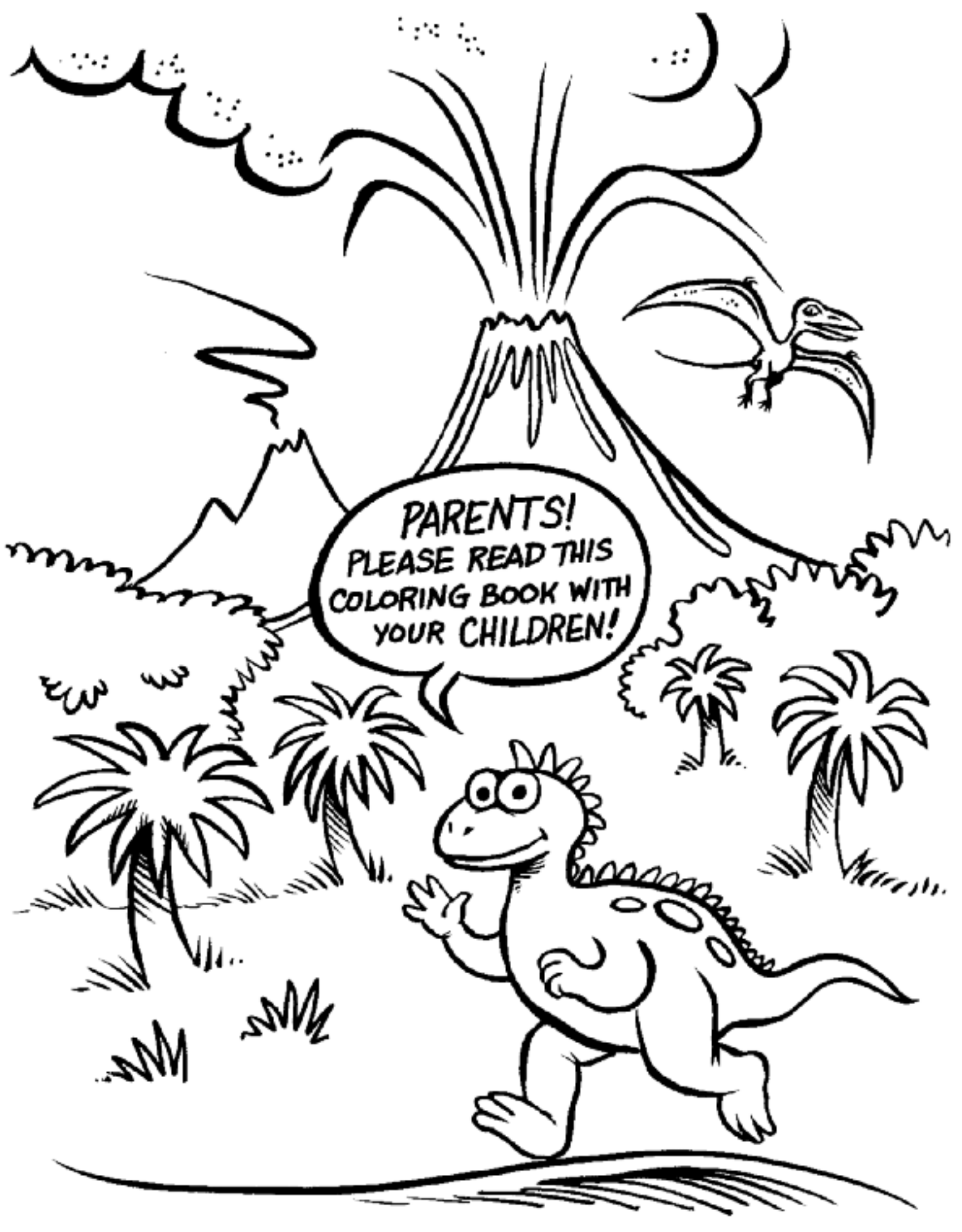
Derek the
Dinosaur's
Coloring Book
About

LEAD

by
Judy LaKind
pictures by
Tom Chalkley



In Association
with the Green &
Healthy Homes Initiative



**PARENTS!
PLEASE READ THIS
COLORING BOOK WITH
YOUR CHILDREN!**

Understanding Your Child's Blood Lead Level

Should you have any questions or should your child have an elevated blood lead level contact Green & Healthy Homes Initiative (GHHI) at (410) 534-6447 or (800) 370-LEAD, in addition to following these recommendations. Blood lead levels are measured in micrograms per deciliter (written $\mu\text{g}/\text{dl}$).

Note: Tenants in properties built before 1978 are protected under various Maryland Laws. Consult pages 4 & 5 for full explanations.



You should talk to your doctor about possible lead poisoning if your child:

1. Lives in or regularly visits a house built before 1978.
2. Lives in or regularly visits a house built before 1978 being repaired, renovated, or repainted.
3. Has frequent hand to mouth activity (i.e. placing fingers in mouth).
4. Licks, eats, or chews things that are not food like paint chips, dirt, railings, furniture, or toys.
5. Has a brother, sister, friend, or housemate being treated for lead poisoning.
6. Lives with an adult whose job or hobby involves exposure to lead such as car repair, house remodeling, or demolition, or works with old furniture.

Lead Level

0 – 14 $\mu\text{g}/\text{dl}$

Suggested Action

1. Have your child tested for lead **yearly** from birth until 72 months (Medicaid **REQUIRES** testing at 12 & 24 months).
2. Follow the cleaning suggestions and nutrition suggestions on pages 1 & 2.
3. Have your child tested again (venous sample) within 3 months.
4. If you rent and there is chipping, flaking, or peeling paint in your home review your rights and file a **Notice of Defect Form** (pg. 5).
5. Contact your local health department or GHHI for assistance.

15 – 19 $\mu\text{g}/\text{dl}$

1. Follow the cleaning suggestions and nutrition suggestions on pages 1 & 2.
2. Have your child tested again (venous sample) within 3 months. If the level persists or increases, proceed according to actions for 20-44 $\mu\text{g}/\text{dl}$.
3. File a **Notice of Defect** (pg. 5) if you are a tenant.
4. Contact your local health department or GHHI for assistance.

20 – 44 $\mu\text{g}/\text{dl}$

1. Have your child retested (venous) within 1 month. Have doctor take medical history and administer full medical check-up (including lab work on Hemoglobin and Iron levels).
2. Have a professional check your home and places where your child spends time (daycare, relatives, neighbors) for lead.
3. Follow the cleaning suggestions and nutrition suggestions on pages 1 & 2.
4. File a **Notice of Defect** (pg. 5) if you are a tenant.
5. Contact your local health department or GHHI for assistance.

45 – 69 $\mu\text{g}/\text{dl}$

1. Follow all steps for 20 – 44 $\mu\text{g}/\text{dl}$. Contact doctor within 24-48 hours for retest.
2. Doctor examination should include a complete neurological exam and chelation therapy may be required.

70 $\mu\text{g}/\text{dl}$ and over

1. Contact your doctor for **immediate medical treatment** on an emergency basis.
2. Commence Chelation Therapy
3. Follow all steps for 45 – 69 $\mu\text{g}/\text{dl}$.

Remember - Lead Poisoning is Entirely Preventable!

PARENTS! PLEASE SAVE THESE PAGES!

TEAR THEM OUT AND PUT THEM ON YOUR REFRIGERATOR!

Lead is dangerous, especially to children under six years of age and pregnant women. Even low levels of lead can harm a child. *You can help protect your child and yourself against lead poisoning by taking the following steps:*



Children playing outside in the dirt or inside on the floor can get lead dust on their hands and faces. **Wash children's hands before they eat, after play, and before they go to bed** (5 times a day to help lead go away).

Keep your children away from peeling paint! If you rent, inform your landlord or housing authority right away if paint begins to peel! Send your landlord a *Notice of Defect* (see *Parents' Page 5*). If you own your home, learn how to safely remove the hazard.

Good nutrition can help reduce the risk of lead poisoning! A balanced diet that includes foods high in *iron*, *vitamin C* and *calcium* can help reduce the risk of lead poisoning.

Some foods that have a lot of IRON:

Chicken, turkey, lean beef, eggs, beans, peas, lentils, prunes, raisins, enriched cereals (hot or cold)

Some foods that have a lot of VITAMIN C:

Fruits and fruit juice such as oranges and orange juice, bell peppers, tomatoes, potatoes or sweet potatoes (cooked in their skins), watermelon

Some foods that have a lot of CALCIUM:

Milk, cheese, yogurt, greens and kale, ice milk



Feed your child at least three meals a day! A child's body will take in more lead on an empty stomach!



Give your child less of the foods that are fatty! Fatty foods make it easier for the body to take in lead!

Some foods that should be limited:

Butter, oil, lard, margarine, potato chips, french fries, fried foods, skin from chicken and fat from meats (take skin and fat off child's serving before cooking).

Avoid lead in water!

Let your water run cold for about a minute before using the water for drinking, cooking, or making baby formula.



Never use water from your hot water tap for cooking or drinking because it may contain higher levels of lead. Remember, use cold water when you can!

Special cleaning can help!

Wet mop floors and **wet clean** window sills and other surfaces to remove dust that may contain lead. Do not use a regular vacuum cleaner for cleaning window wells or sills or to pick up paint chips. A regular vacuum cleaner can spread very small lead dust particles around the house or apartment. Always use a vacuum with a “HEPA” filter. Information on where to buy, rent, or borrow HEPA vacuums is available from Green & Healthy Homes Initiative at (800) 370-LEAD.



Get your child tested!

Because there may be no signs or symptoms of lead poisoning, **your children should be tested for lead at least once a year!** Pregnant women should be tested for lead as well. Simple blood tests to detect lead poisoning are available from health departments, medical clinics, and many private doctors.



Remember, if you are pregnant, try to have lead hazards removed from your home before your new baby is born!

Lead poisoning can come from other sources as well. **Vinyl mini-blinds, foreign made pottery, some cosmetics, some home remedies, and parents’ jobs or hobbies can all be sources of lead poisoning for a child.** Call Green & Healthy Homes Initiative at (800) 370-LEAD for more information on sources of lead poisoning or check out our website at www.ghhi.org.

Information for Homeowners

Originally hailed for its durability, vibrant color, and inexpensive cost, lead paint was sold for residential use on interiors and exteriors throughout the United States until 1978. This created the largest home-based environmental hazard facing children throughout the nation in homes big and small, urban and rural, rich and poor. When the paint remains intact or encased behind paneling or siding it does not present an immediate hazard. However, when lead-based paint begins flaking, chipping and peeling, serious health threats arise.

Lead is a naturally occurring element; however, it is toxic to the human body, especially for children under age 6 and pregnant women. Most children are poisoned by the lead dust created by friction surfaces like windows and doorways or disturbed during unsafe renovation work. Lead inhibits proper physical and cognitive development, meaning it will harm the way a child's body and brain develop. Lead exposure in children results in hearing and speech impairment, learning disabilities, lowered IQ scores, attention deficit and behavioral problems. In severe cases, lead poisoning may result in mental retardation, coma, or even death. There may be no visible signs or symptoms of lead poisoning until the poisoning becomes severe. We urge parents to have children tested yearly from 12 months until 72 months.

If you are remodeling your home, GHHI urges you to either 1) hire a Maryland Certified Lead Contractor to complete the work (grants and low interests loans are available to help cover this expense) or 2) complete a lead-safe work practices class with a certified lead training company. In either instance keep children and pregnant women out of the work area during renovation!

A listing of certified lead contractors is available by calling GHHI at (800) 370-LEAD (www.ghhi.org) or from the Maryland Department of the Environment (800) 776-2706 (www.mde.state.md.us).

Things to remember: **never dry sand or dry scrape.** Always remove or cover furniture with plastic, cover floors, seal cabinets, and turn off forced ventilation systems.

Please contact GHHI before beginning any work in your pre-1978 home.

Grants and Loans

If you are a homeowner or landlord you may be eligible for state and federal grant and loan programs to assist you in making your home lead safe.

Maryland Residents:

Department of Housing and Community
Development
100 Community Place
Crownsville, MD 21032
(800) 638-7781
(410) 514-7530
www.dhcd.state.md.us
singlefamilyhousing@dhcd.state.md.us

Baltimore Residents Only:

Baltimore Housing
Lead Hazard Reduction Program
2700 N Charles Street, Suite 201
Baltimore, MD 21218
(410) 396-3023
www.baltimorehousing.org/ghsh_lead

Renters: Know Your Rights!

Should you have any questions regarding your legal rights please call the Green & Healthy Homes Initiative at (800) 370-5323 or (410) 534-6447

In Maryland, rental units built before 1950 must (as of January 1, 2015, all pre-1978 rental units must comply with this standard):

- Be free of chipping, peeling, or flaking paint inside and outside of the unit and;
- Pass a lead dust clearance test and;
- Be clear of any outstanding local Health Department Lead Hazard Notices.

Owners must also:

- Be registered (annually) with the Maryland Department of the Environment (\$30.00 per unit fee) and;
- Provide tenant with one copy of *Maryland Notice of Tenant's Rights* and;
- Provide a copy of the EPA's *Protect Your Family From Lead in Your Home* and;
- Have the unit inspected by an independent, certified inspector and provide a copy of the **Lead Paint Risk Reduction Inspection Certificate** to the tenant at time of rental.

Notice of Defect

If your rental unit has chipping, peeling, or flaking paint, then by Maryland law, you should send a **Notice of Defect** (pg. 5). Fill out the Notice and mail it to your landlord by Certified Mail; Return Receipt Requested. **Save a completed copy for your records.** Your landlord must respond to the Notice within 30 days by making repairs in a lead-safe manner (as defined by Maryland law). **A tenant CANNOT be evicted for filing a Notice of Defect.** Maryland Law prohibits retaliatory eviction and all evictions must go through the court system.

Should you have any questions regarding your rights, the responsibility of rental property owners, or the compliance status of your home please call Green & Healthy Homes Initiative at (800) 370-LEAD or (410) 534-6447 (www.ghhi.org) or Maryland Department of the Environment at (800) 776-2706.

Under Maryland law owners who fail to be in compliance with the Maryland Lead Risk Reduction Standards may not be able to use Rent Court, collect rent, or evict tenants.

**NOTICE OF DEFECT/ ELEVATED BLOOD LEVEL OF
10 µg/dL OR GREATER
AVISO DE DEFECTO/NIVEL ELEVADO DE PLOMO EN LA SANGRE DE
10 µg/dL O SUPERIOR**

THIS IS TO NOTIFY YOU TO PERFORM MODIFIED RISK REDUCTION TREATMENTS OUTLINED UNDER § 6-819 OF THE ENVIRONMENTAL ARTICLE OF THE ANNOTATED CODE OF MARYLAND BECAUSE: (LA PRESENTE SIRVE PARA NOTIFICARLE QUE BEBE LLEVAR A CABO LOS TRATAMIENTOS MODIFICADOS PARA LA REDUCCION DEL RIESGO DESCRITOS EN LA SECCION 6-819 DEL ARTICULO MEDIOAMBIENTAL INDICADO DEL CODIGO DE MARYLAND)

A CHILD UNDER THE AGE OF SIX YEARS OR A PREGNANT WOMAN AT THIS ADDRESS HAS A BLOOD LEAD LEVEL OF 10µg/dL OR GREATER (UN NINO MENOR SE SEIS ANOS O UNA MUJER EMBARAZADA, EN ESTA DIRECCION TIENEN UN NIVEL DE PLOMO EN LA SANGRE DE 10 µG/DL O SUPERIOR)

AND/OR Y/O

THE FOLLOWING DEFECTS REQUIRE YOUR ATTENTION (LOS DEFECTOS SIGUIENTES REQUIEREN SU ATENCION)

There is **Chipping, Peeling or Flaking Paint** on the property: (Check all areas that apply) (*Existe pintura descascarada, desconchada o descamada, en la propiedad: Marque todas las áreas aplicables*)

<input type="checkbox"/> Front Bedroom (<i>dormitorio delantero</i>)	<input type="checkbox"/> Living Room (<i>sala</i>)	<input type="checkbox"/> Stairway (<i>escalera</i>)
<input type="checkbox"/> Middle Bedroom (<i>dormitorio del medio</i>)	<input type="checkbox"/> Dining Room (<i>comedor</i>)	<input type="checkbox"/> Porch (<i>entrada</i>)
<input type="checkbox"/> Back Bedroom (<i>dormitorio posterior</i>)	<input type="checkbox"/> Child Bedroom (<i>dorm. de los niños</i>)	<input type="checkbox"/> Hallway (<i>corredor</i>)
<input type="checkbox"/> Parent Bedroom (<i>dormitorio de los padres</i>)	<input type="checkbox"/> Outside Walls (<i>paredes exteriors</i>)	<input type="checkbox"/> Kitchen (<i>cocina</i>)
<input type="checkbox"/> Door/Door Frame (<i>puerta/marco de puerta</i>)	<input type="checkbox"/> Bathroom (<i>cuarto de baño</i>)	

There are **Structural Defects** on the property: (Check all that apply) (*Existen defectos de estructura en la propiedad: Marque todas las áreas aplicables*)

<input type="checkbox"/> Leaky Ceiling/Roof (<i>Techo/Tejado que gotea</i>)	<input type="checkbox"/> Leaky Pipes (<i>Tuberías agujereadas</i>)
<input type="checkbox"/> Broken Steps (<i>Escaleras rotas</i>)	<input type="checkbox"/> Door (Broken or Sticky) <i>Puerta (rota o que se atasca)</i>
<input type="checkbox"/> Broken Windows (<i>Ventanas rotas</i>)	<input type="checkbox"/> Hole in Floor (<i>Agujero en el suelo</i>)

Others/Otros (Please list/Por favor, indique): _____

Landlord/Property Owner Signature if Hand-Delivering:

Firma del Arrendador/Propietario si se Entrega a Mano:

I, _____, Landlord/Property Owner (or agent of the above noted property owner) hereby acknowledge receiving this Notice of Defect/EBL. *A través de la presente, yo _____, Arrendador/Propietario (o agente de la propiedad mencionada arriba) declare haber recibido el presente Aviso de Defecto/EBL.*

Signature of Landlord or Agent/ Firma del Arrendador o Agente

Date/ Fecha

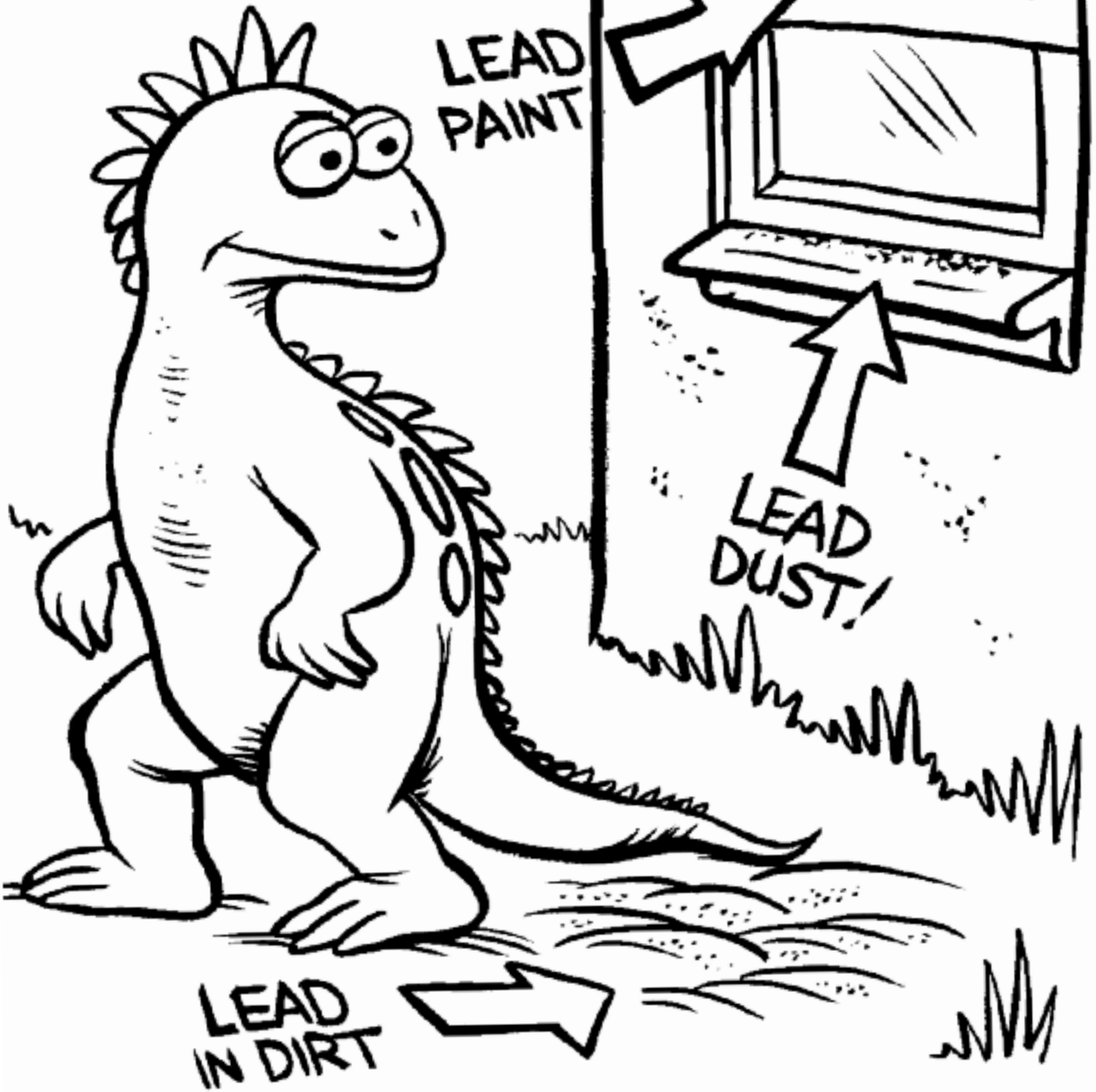
Note to Property Owners/Landlords:

A property owner of an affected property (a rental property constructed prior to 1950 or between 1950-1978 where the property owner elects to comply with the law) is required under Maryland law to respond to a Notice of Defect within 30 days by performing Risk Reduction Measures (lead hazards treatments) on the property and passing a lead dust test. If you have any questions regarding compliance with the Maryland law, please contact: Coalition to End Childhood Lead Poisoning at (410) 534-6447 or (800) 370-5323 or the Maryland Department of the Environment at 410-631-3825 or (800) 776-2706. *Se requiere bajo la ley de Maryland que el propietario de una propiedad afectada (una propiedad arrendada y construida antes de 1950 o entre 1950-1978 donde el propietario elije cumplir con la ley) responda al Aviso de Defecto dentro de 30 días, llevando cabo medidas para la reducción del riesgo (tratamiento para riesgo de plomo) en la propiedad o al hacer una prueba para detector polvo de plomo. Si tiene preguntas sobre cumplimiento de las leyes de Maryland, por favor comuníquese con: la Coalición Para Terminar el Envenenamiento de Plomo en Niños llamando al (410) 534-6447 o (800) 370-5323 o con el Departamento del Medio Ambiente de Maryland llamado al (410) 631-3825 o (800) 776-2706.*



Derek
wants to grow
big and strong.

Derek knows
how to stay
away from LEAD.



LEAD
PAINT

LEAD
DUST!

LEAD
IN DIRT

Derek knows
not to put
dirt or
toys in
his mouth.



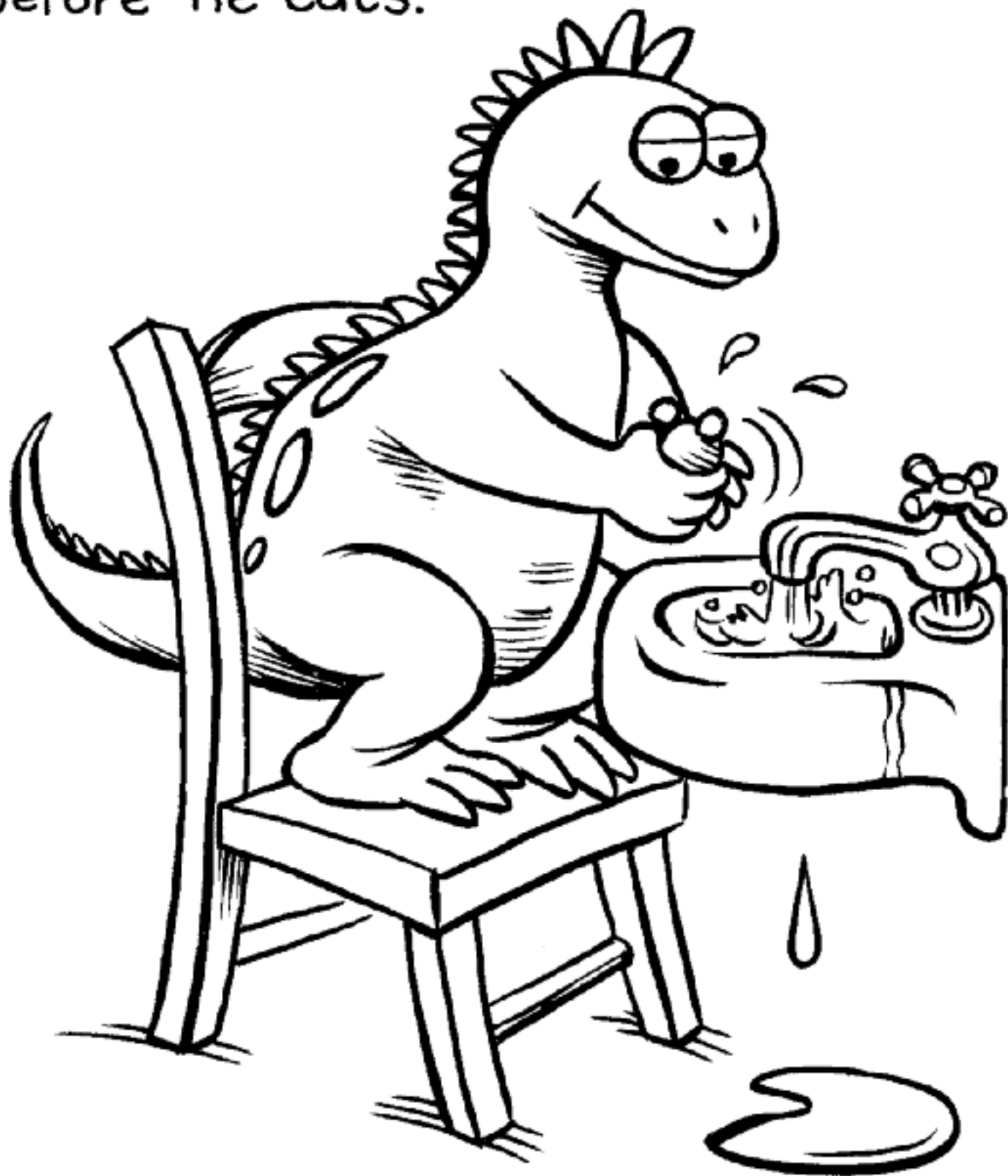
Derek never puts
dirty hands in his
mouth.



Derek's parents
keep the floors
and windows clean.



Derek is hungry.
He always washes his hands
before he eats.



Derek loves good food
(like apples, carrots & milk).



Some other foods are
not good for dinosaurs or children.

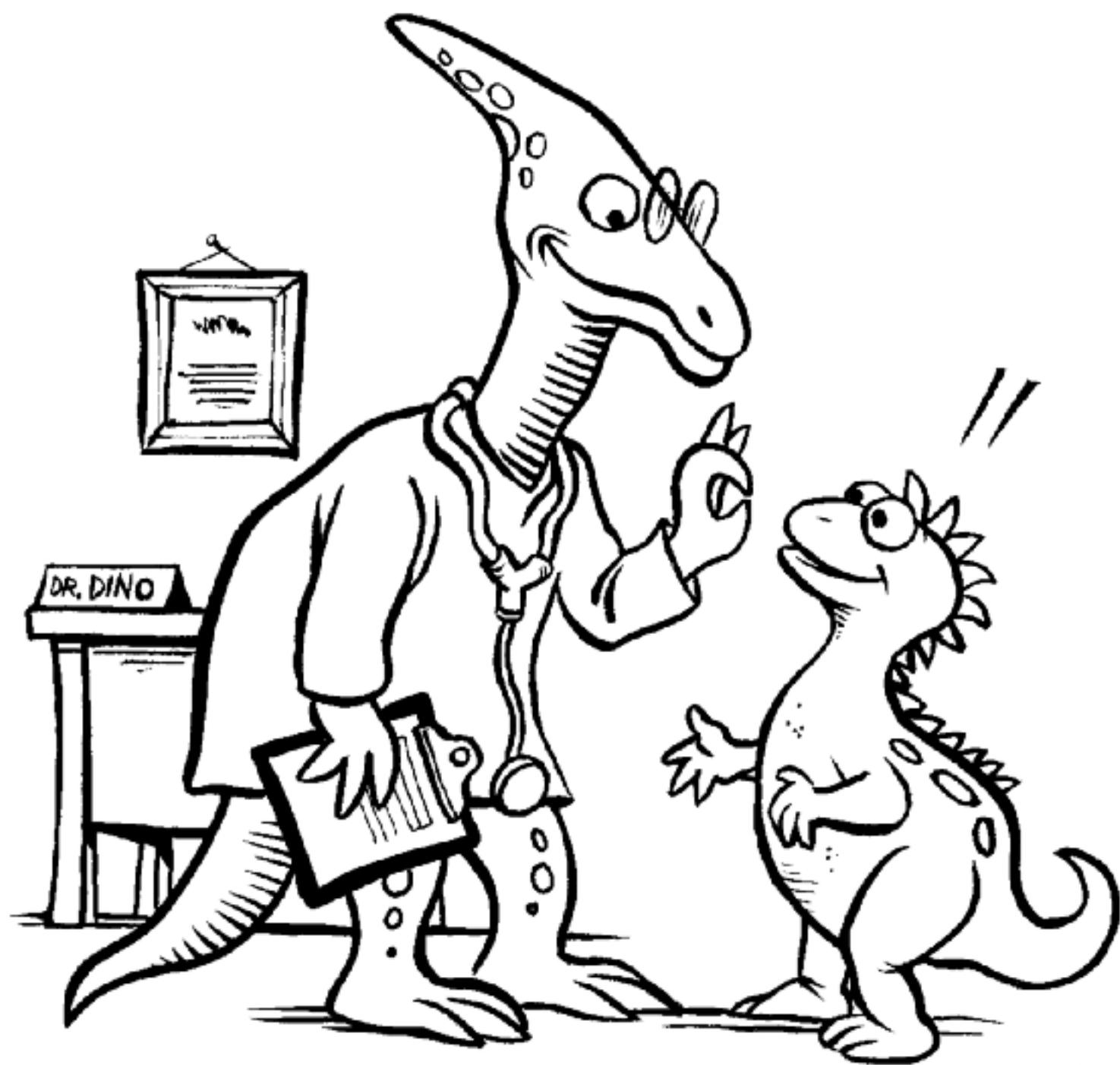


Derek's mommy gives him
a drink of water from the cold tap.



Derek visits the doctor
to get his lead test.

The doctor says Derek is healthy!





Happy Derek
will grow up
big and strong
and healthy!

Hey Kids! Tell your parents that they can get help with finding:

- where to get children tested
- how to get your home tested
- free lead hazard reduction services
- a certified lead contractor
- tenants rights assistance
- lead safe housing
- grants and loans



By calling the following:

Green & Healthy Homes Initiative
2714 Hudson Street
Baltimore, MD 21224-4716
Phone: 410-534-6447 or 800-370-5323 Fax: 410-534-6475
Internet: www.ghhi.org E-mail: info@ghhi.org

Baltimore City Health Department Lead Program
7 E. Redwood St, 2nd Floor
Baltimore, MD 21202
Phone: 410-984-2470
Internet: www.health.baltimorecity.gov/programs/lead

Maryland Department of the Environment
1800 Washington Blvd., Suite 630
Baltimore, MD 21230
Maryland Lead Hotline: 1-800-776-2706 or 410-537-4199
Internet: www.mde.state.md.us

Maryland Department of Health and Mental Hygiene
201 Preston Street
Baltimore, MD 21201
Phone: 410-767-6500 or 1-877-463-3464
Internet: www.dhmh.maryland.gov

Maryland Department of Housing and Community Development
100 Community Place
Crownsville, MD 21032-2023
Phone: 410-514-7530 or 1-800-638-7781
Internet: www.dhcd.maryland.gov/website/programs/lhrglp/default.aspx

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Maryland Department of the Environment
1800 Washington Boulevard
Baltimore, MD 21230



Maryland Department of Health and
Mental Hygiene
201 Preston Street
Baltimore, MD 21201

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Judy LaKind, Ph.D., and Tom Chalkey for the creation of
this coloring book.

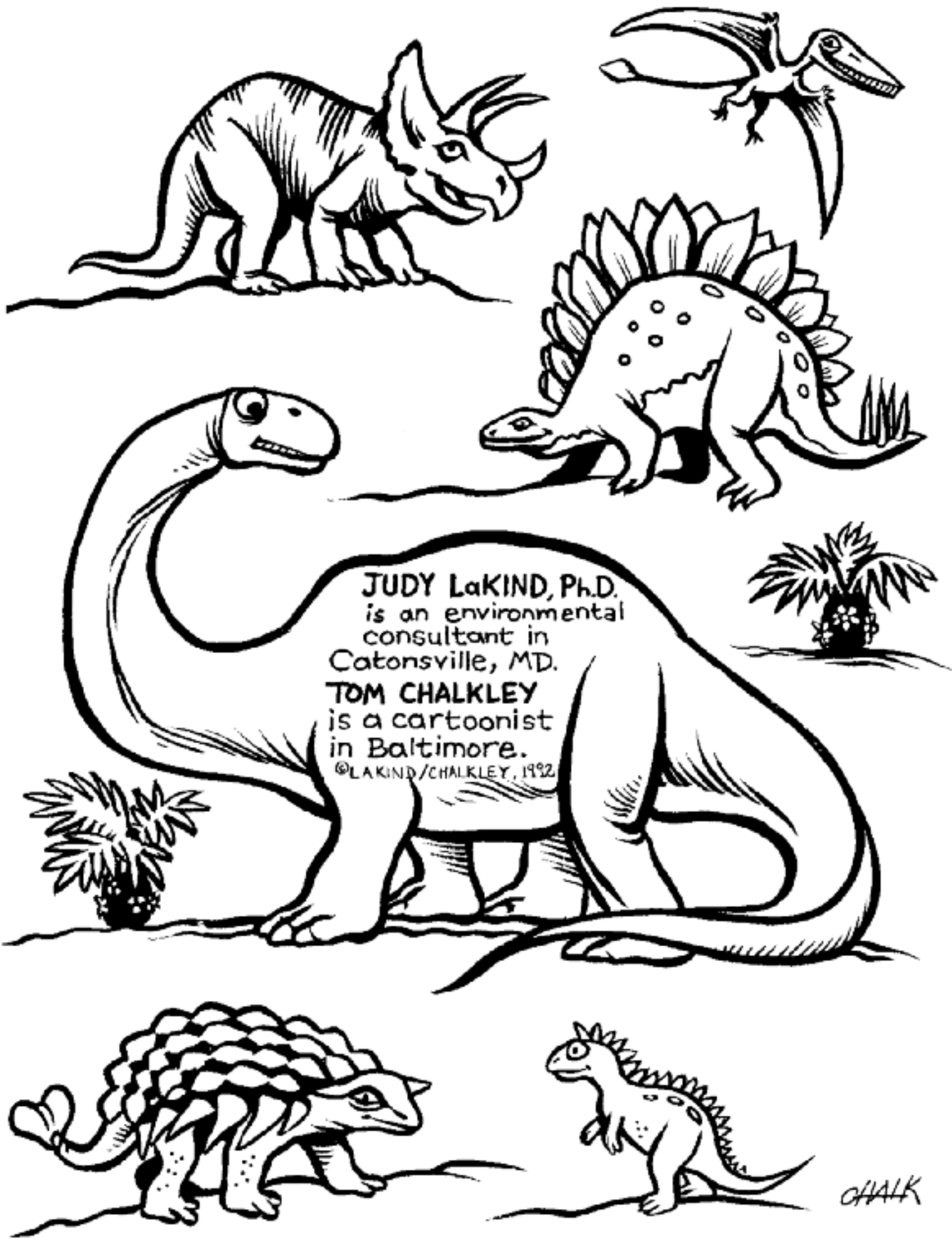


**Green & Healthy
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CHALK