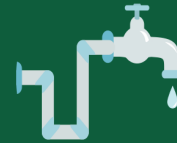


Tips to reduce your exposure to lead

Follow these simple steps:



Children under 6 and pregnant/nursing mothers should use **BOTTLED** water for drinking, formula, and cooking



Run your water without a filter for up to 5 minutes to help coat pipes

(Do NOT drink this water)



Use a NSF-53 certified water filter or pitcher for cooking and drinking water (including pets)

COLD WATER

Only run **COLD** water through your filter

Examples of foods that can help protect your body from lead absorption



Vitamin C

Oranges, Tomatoes, Green Peppers, Cauliflower, Kiwi, Strawberries



Iron

Lean Red Meat, Fish, Chicken, Iron-Fortified Cereal, Dried Fruits, Beans



Calcium

Milk, Yogurt, Cheese, Green Leafy Vegetables, Tofu, Canned Salmon



Clean your aerators to remove lead particles and sediment



Have Your Water Tested

Water Testing Kits
Water Resource Sites
and
City of Flint Water Plant
(810) 787-6537



- Only boil **FILTERED** water (even during a boil water advisory)
- Boiling water does **NOT** decrease lead

For more information visit: www.gchd.us



Genesee County
Health Department
Your Health. Our Work.