

## Pregnant Mothers

Lead poisoning is caused by swallowing or breathing lead. Lead can pass from a mother to her unborn baby.

### Too much lead in your body can:

- Put you at risk of miscarriage
- Cause your baby to be born too early or too small
- Hurt your baby's brain, kidneys, and nervous system
- Cause your child to have learning or behavior problems

### 1. What you can do:

#### Get your water tested for lead.

- You can't see, smell, or taste lead in water.
- The only way to know what your home's lead levels are is by having your water tested in a lab.

### 2. Use bottled water.

The safest option for pregnant women and children under 6 years old is to use bottled water for drinking, cooking or making formula. Filtered water can be used only if your filter is NSF-certified to remove lead and you follow all instructions on how to use it/when to replace it.



**Tip:** Bottled water, NSF-approved water filters, and water testing kits are available for free at water resource sites across Flint. Call United Way 2-1-1 for a location near you.

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### Know when to use unfiltered water.

- It's safe to wash dishes, bottles, pacifiers and toys often with unfiltered soapy water as long as you dry fully before use.
- Unfiltered water can still be used to shower and bathe, but be careful to not get water in your child's mouth or let them drink the water in the tub.

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### Eat foods with calcium, iron and vitamin C.

These foods may help protect you and your unborn baby.

- **Calcium** is in milk, yogurt, cheese, and green leafy vegetables like spinach.
- **Iron** is in lean red meat, beans, cereals, and spinach.
- **Vitamin C** is in oranges, green and red peppers, broccoli, tomatoes, and juices.

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### Talk to your doctor.

- Blood lead testing is available. Talk to your doctor or local health department to learn more.

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For more information about protecting yourself and your family from lead, visit [www.michigan.gov/flintwater](http://www.michigan.gov/flintwater).

For more information about lead in your home and what you can do, call the Michigan Department of Health and Human Services at 1-888-322-4453 or visit [www.michigan.gov/lead](http://www.michigan.gov/lead).

Flint residents can call the City of Flint Water Department for a free water test, 810-787-6537, or pick one up at a water resource site.