

Lead Exposure Prevention
预防铅暴露

Nutrition
营养

Vitamin C
维生素 C

Oranges, Tomatoes, Green Peppers, Cauliflower, Kiwi, Strawberries
橘子、西红柿、青椒、花椰菜、猕猴桃、草莓

Iron
铁

Lean Red Meat, Fish, Chicken, Iron-Fortified Cereal, Dried Fruits, Beans
瘦红肉、鱼、鸡、添加铁质的谷类制品、水果干、豆类

Calcium
钙

Milk, Yogurt, Cheese, Green Leafy Vegetables, Tofu, Canned Salmon w/ Bones
牛奶、酸奶、奶酪、绿叶蔬菜、豆腐、罐头带骨三文鱼（鲑鱼）

Examples of foods that can help protect your body from lead absorption
有助于保护您的身体免于铅吸收的食物举例

Cooking & Drinking Water
烹饪及饮用水

Use a NSF-53 approved water filter
使用 NSF- 53 核准的滤水器

Only run COLD water through your filter
只能以冷水冲贯滤水器

Only boil FILTERED water
只能煮过滤的水

At Home
在家时

WASH your hands regularly
要常常洗手

It is SAFE to use unfiltered water for household cleaning
用未过滤的水来清洁住家是安全的

Have your water TESTED
检测您的用水

Clean your AERATORS weekly
每周清洁(水龙头)曝气器

For more information visit: www.gchd.us
欲知详情, 请浏览网站: www.gchd.us

Blood Lead Testing
血铅检测

Blood Lead Testing Facts
血铅检测真象

Assume past lead exposure
假设过去曾有铅的暴露

Results only show RECENT lead exposure
结果仅显示最近的铅暴露

Once exposed, lead stays in your blood for about 30 DAYS
一旦暴露后, 铅会停留在你的血液里约 30 天

Lead then absorbs into your body
之后, 铅会被吸收进入你的体内

Discuss your results with your doctor
与医生讨论你的结果

If lead levels are low, retest in 6 months
若铅含量低, 在 6 个月内重新测试

ALWAYS
总是

use proper nutrition & filtered or bottled water
摄取适当的营养, 并饮用过滤水或瓶装水

Who Should Be Tested
谁应该接受测试

Children

儿童

Pregnant Women

孕妇

Nursing Mothers

哺乳的母亲

Concerned Adults

担心的成人

Where to Get Tested

在哪里接受检查

Have your doctor test your blood

请求医生测试你的血液

OR

或

Visit the Genesee County Health Department

坚纳西郡卫生局

CHILDREN

儿童

Community Lead Events

社区有关铅的活动

OR

或

Burton Health Center

3373 S. Saginaw Street

(810) 257-3445

ADULTS

成人

Community Lead Events

社区有关铅的活动

OR

或

GCHD Primary Care Clinic
630 S. Saginaw St.
(810) 257-3445

For More Information Call: (810) 257-3833
欲知更多信息，请拨：(810) 257-3833

There are no out of pocket costs
不须付费

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