

## Tips to reduce your exposure to lead 减少铅暴露的诀窍

Follow these simple steps:  
遵循这些简单的步骤：

Daily  
每日

FLUSH for 5 MINUTES  
放水 5 分钟

Run cold unfiltered water from kitchen faucet and bathtub for 5 minutes to help coat pipes  
让厨房水龙头和浴缸未过滤的水放出 5 分钟，有助于让水在水管壁上先涂一层。

(Do NOT drink this water)  
(不可饮用此水)

Use a NSF-53 certified water filter or pitcher for cooking and drinking water (including pets)  
使用 NSF-53 认证的水过滤器或水罐来烹饪和作饮用水（包括宠物）

COLD WATER  
冷水

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

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

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 with Bones**  
牛奶、酸奶、奶酪、绿叶蔬菜、豆腐、罐头带骨三文鱼（鲑鱼）

**Weekly**  
每周

**Clean your aerators to remove lead particles and sediment**  
清洁您的（水龙头）曝气器以清除铅粒子与沉淀物

**Reminder**  
提醒

**Have your water tested**  
检测您的用水

**Home Water Test Kits**  
家庭用水测试套件

**Points of Distribution Sites**  
发放站（POD）

**Flint City Hall**  
富林特市政厅

**Boil Water Advisory Facts**  
煮沸水公告须知

**Only boil FILTERED water (even during a boil water advisory)**  
仅煮沸滤过的水（即使在煮沸水公告期间）

**Boiling water does NOT decrease lead**  
沸腾的水并无法减低铅量

**For more information visit: [www.gchd.us](http://www.gchd.us)**  
欲知详情，请浏览网站：[www.gchd.us](http://www.gchd.us)

**Updated 6/22/16 – Information subject to change**  
更新于 6/22/2016 -- 信息可能会更改

**Genesee County Health Department**  
坚纳西郡卫生局

**Your Health. Our Work.**  
您的健康。我们的责任。

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