

Tips to reduce your exposure to lead

Follow these simple steps:



FLUSH for 5 MINUTES



Run cold unfiltered water from kitchen faucet and bathtub for 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 w/ Bones



Clean your aerators to remove lead particles and sediment



Have Your Water Tested

Home Water Test Kits

Point of Distribution Sites

Flint City Hall



- 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.