

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. Filter your tap water.

Filter your drinking water using a NSF-approved filter. Filters can remove up to 99% of the lead in water when used properly. To be sure your filter is removing as much lead as it can, carefully follow the instructions that came with it.

- Change the filter cartridge as often as necessary.
- Run only cold water through the filter.
- Use filtered water for drinking, cooking, brushing children's teeth and washing fruits and vegetables.



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.

3

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.

4

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.

5

Talk to your doctor.

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

For more information about protecting yourself and your family from lead, visit 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.

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.