

## Flint Water Crisis

Faith and community leaders serve as trusted messengers in their neighborhoods and in their congregations, especially during times of crises. As we continue to support individuals and families in Flint, here are some helpful resources for you to share about the ways that lead affects the body and how you can get help.

### Lead Exposure

Flint is facing a serious health crisis, with high levels of lead in its water supply. Eating or drinking anything with lead in it can cause health problems. There is no safe level of lead and it can affect many parts of your body. Lead is especially dangerous for small children and pregnant women.

### What you can do to protect yourself and your children? Test, Talk, Clean and Find

#### 1. Test your Water

If you live in Flint, you can get a free kit to test your water. To find out where you can get one, visit <http://michigan.gov/FlintWater>.

If your water test shows your water has a small amount of lead (less than 150 parts per billion), use a NSF-certified lead filter. Fire stations and volunteers are handing out free filters.

If your water test shows your water has a lot of lead, (more than 150 parts per billion) drink bottled water. You and your children can still take a bath or shower in it. However, if you think that your child may drink the bath water, don't let them take a bath in it. Use baby wipes instead. If you get a rash after you take a bath, stop using the water in your home for bathing.

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If your water does have a lot of lead in it, (over 150 parts per billion) EPA can test your water again for free.

## 2. Talk to Your Doctor

You can't tell by looking at people if they have lead inside their bodies. A blood test is the only way to find out.

The best place to get yourself or your child tested is your doctor's office and the tests are covered by most health plans.

If you don't already have a doctor, adults can get tested at the GCHD Primary Care Clinic – call 810-257-3445 to learn more. You can get a blood test for your child at GCHD Burton Health Center – call 810-257-3833 for more information.

## 3. Clean the Faucet Aerators

You can help make your home lead-safe by cleaning the faucet aerators throughout your house. Aerators are the small screens that fit on the bottom of your faucet. For step-by-step instructions about cleaning faucet aerators visit [www.michigan.gov/FlintWater](http://www.michigan.gov/FlintWater).

## 4. Find Safe Water

To find a location in Flint where you can get free water filters, bottled water, and kits to test your water, call 211 or visit or <http://michigan.gov/flintwater>.

### Learn More

To learn more, visit [www.PHE.gov/Flint](http://www.PHE.gov/Flint).



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