

FAQ

1. How do I know if my water is from Flint?

If you live within city limits of Flint, it is very likely that your household uses water from the city water supply. In some cases, residents outside the city receive water from the Flint Water Department. Please use the link provided to find if your address is on this list. **A**

Call the Flint Water Department to find out if you receive water from the municipal water supply. (810)-787-6537

See attachment (map)

2. How do I know if there is lead in my water?

The presence of lead contamination in the water supply is not uniform across the entire city of Flint, and not all areas of the city or all resident supplies were equally affected. The only way to know for sure is to have your water tested.

You can call Flint water Department to request a free water test. (810)787-6537

You can also call 2-1-1 for information on various locations to pick up test kits.

You will need bottled water and water filters with replacement cartridges.

Specific EPA guidance is very clear for pregnant women, breast feeding women, and children under 6 to use bottled water only (i.e. cooking, drinking, and mixing formula, etc.).

3. How do I get bottled water?

Head Start families can get water at Head Start Sites

For a complete listing go to www.geneseeisid.org

You can call 2-1-1 to find out where to pick up free water.

The locations to pick up water are also listed on the GCHD and Michigan.gov websites. **B**

4. How do I get water filters and replacements?

A NSF water filter should be attached to the faucets in your home. This filter will remove lead in addition to a variety of other contaminants. Run only cold water through the filter.

You can call 2-1-1 to find out where to pick up a free water filter and replacement filters. **B, C**

5. What else do I need to know about water and the meals we eat?

You should use bottled water for drinking, cooking and preparing formula.

You should use filtered water or bottled water for making coffee and washing fruits and vegetables. **D**

Only boil filtered water. C

-Boiling water does not remove lead.

-Boiled water advisories may be issued for water main breaks, flooding, or other compromises in the water system.

DO NOT! Drink directly from the tap or water fountain.

*Every morning run unfiltered cold water for 5 minutes to flush the pipes.

*Your water test results may show the need for bottled water only.

*Your water test results may show the need for additional testing.

*Every week clean the aerators in all faucets and clean the screens in your water filters. **E**

6. How do I know if my child has been exposed to/affected by lead in the water?

If your child drank Flint water after April 2014 assume he/she has been exposed to lead. There may be no signs or symptoms if your child has been exposed/affected by lead in the water. Lead poisoning occurs when lead builds up in the body over a period of time. A blood lead test may not give an accurate picture if your child is no longer being exposed. The lead may have left the blood and settled in the bones and tissue. After several weeks, most of the lead moves into your bones and teeth.

Lead can cause damage to the brain, red blood cells and kidneys. The greatest risk is to young children and pregnant women. Lead in water can be a special problem for infants, whose diets may be mostly liquids, such as baby formulas or concentrated juices mixed with water. Smaller bodies can absorb lead more rapidly than bigger ones. A child's mental and physical growth can be permanently harmed by too much lead. Risk will vary, depending on the individual, the circumstances, and the amount of water consumed. **F**

*Contact your primary health provider or 2-1-1 for more information on blood lead testing.

7. What should I look for in my child?

Because children may be exposed to potentially adverse levels of lead without exhibiting clinical symptoms, it is vital that primary care providers adopt a preventive approach to determine which of their patients may be at risk.

While important for monitoring the effects of lead exposure and, in some cases, for identifying the symptoms of lead poisoning, the physical examination alone will not always reveal when a patient is at risk from elevated lead exposure.

The first signs of lead poisoning in children are often subtle neurobehavioral problems that adversely affect classroom behavior and social interaction.

Developmental, speech, and hearing impairments are not uncommon in lead-exposed children (ATSDR 2005).

Most persons with lead toxicity are not overtly symptomatic. **F**

8. What can I do to help my child?

There are 4 major areas that you can work on to help your child:

Nutrition: Make sure your child eats a healthy diet every day. Include foods with Vitamin C, Iron, and Calcium to fight lead absorption.

Learning: Make sure your child is in school, pre-school and high quality childcare. Read to/with your child every day.

Medical: Make sure your child sees his/her doctor routinely

Developmental: Know the normal stages of development and watch for signs of delays

*Social/Emotional:

Many families are experiencing increased stress as a result of the lead in the water.

This stress may cause children to feel afraid, angry or sad or have trouble sleeping or concentrating.

Parents can help their children to decrease their stress.

- Provide reassurance and let them know what you are doing to keep them safe.
- Talk to them!
- Provide age-appropriate information and ask if they have questions about what has happened.
- Encourage them to discuss feelings or worries.
- Send them to school every day and participate in school and community activities
- Seek support from family & friends, from your church or from community resources **G, H**

9. What should I feed my child?

Nutrition help includes a diet high in Iron, Calcium and Vitamin C will help keep lead from being stored in your child's body. Foods with these include:

Foods with Calcium	Foods with Iron	Foods with Vitamin C
Milk	Beans	Oranges
Cheese	Lean red meats	Orange juice
Yogurt	Whole grain cereals	Grapefruit
Tofu	Peanut Butter	Tomatoes
Spinach	Beef or Chicken Liver	Green Peppers
Collard Greens	Chicken or Fish	
Pudding		
Cottage Cheese		

(Wash your fruits and vegetables with filtered or bottled water)**D**

10. What else can I do to keep my child healthy?

- Take your child to his/her routine Well Child Visits. When your child's doctor or primary care provider is able to see your child regularly, developmental delays will be identified more quickly. Your child will be referred for services more quickly. **I**

New insurance plans went into effect on January 1st. If you need help to get your child insurance restored or your child's doctor or primary care provider changed, call Michigan Enrolls at 1-888-Enrolls or 1-888-367-6557 or 1-800-957-7630 **J**

*Enroll your child into an early childhood program such as Early Head Start, Head Start SKIP to a Great Start or the Great Start Readiness Program GSRP 4 Year old preschool program. Early Childhood educators will provide you and your child with developmentally appropriate learning and activities to help your child learn. Call 591-KIDS. **K**

- Ask your child's doctor or primary care provider about the AGES AND STAGES Questionnaire. The questionnaire may also be provided by your child's preschool teacher or child care

provider. It is a screening tool that parents can use to identify the stages of child development. **L**

- It is important to monitor your child's development. ActEarly is a resource that will give you information about normal child development for your child's specific age. **M**
- Read and talk to your child every day.

LINKS AND RESOURCES

- A. <https://www.cityofflint.com/2016/01/29/non-city-of-flint-residents-who-receive-flint-water/>
- B. <http://www.michigan.gov/flintwater>
- C. http://www.gchd.us/flint_drinking_water_resources.php
- D. http://msue.anr.msu.edu/resources/fight_lead_with_nutrition
- E. <https://www.epa.gov/flint/advice-flint-residents>
- F. <http://www.atsdr.cdc.gov/csem/csem.asp?csem=7&po=11>
- G. <https://www.starr.org/training/tlc/resources-for-parentsd>
- H. <http://www.nctsn.org/resources/audiences/parents-caregivers>
- I. <https://www.healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx>
- J. http://www.michigan.gov/mdhhs/0,5885,7-339-71547_4860---,00.html
- K. <http://www.geneseeisd.org/index.aspx?NID=737>
- L. <http://agesandstages.com/about-asq/who-uses-asq>
- M. <http://www.cdc.gov/ncbddd/actearly/milestones/index.html>

MSP Emergency Planning Map (Child Day Care Centers, Schools, and Hospitals in the Flint City Area)

