

# Update: Flint Residents

## Keeping Yourself and Your Family Healthy and Thriving

Fall, 2016

### Learn about your family's health. Get help if you need it.

Lead exposure can harm children. Talk to a doctor about problems related to your child's:

- Health
- Education
- Development
- Behavior



There are services to help with these problems. Children under age 21 and pregnant women may be eligible for health care and other services. Apply online at [www.mibridges.michigan.gov/access](http://www.mibridges.michigan.gov/access) or by calling **1-855-789-5610**.

If you don't have a doctor, visit a health center. The health centers are open to everyone—both children and adults. For most people, they are free or very low cost.

**Genesee Community Health Center:**  
**810-496-5777.**

- 422 W. 4th Avenue
- 3109 Kleinpell



**Hamilton Community Health Network:**  
**810-406-4246.**

- 2900 N. Saginaw Street
- G-3375 S. Saginaw Street
- 5710 Clio Road

### Manage Stress



If you are feeling stressed, talk to a trained crisis counselor from the Disaster Distress Helpline. All calls are free and confidential.



Call **1-800-985-5990**



Text **'TalkWithUs'** to **66746**



Deaf or Hard of Hearing:  
Call **1-800-846-8517**

### Fight lead by eating healthy food!

Eating healthy food can help limit the amount of lead the body takes in. Eat foods that are high in Vitamin C, calcium, and iron.



**Sources of Vitamin C include:** Citrus fruit, like oranges and grapefruit; tomatoes and tomato juice; veggies such as peppers, broccoli, potatoes, brussels sprouts; and fruits like peaches, strawberries, pears, and watermelon.

**Sources of calcium include:** Milk and milk products, like cheese and yogurt; green leafy vegetables, such as spinach and collard greens; calcium-fortified orange juice; tofu; and canned salmon and sardines (both with the bones in).



**Sources of iron include:** Red meat, fish and chicken; green leafy vegetables, such as spinach and collard greens; whole-grain: cereal, bread and pasta; dried fruit; beans, peas and lentils.

You can get nutritious food from the food bank right in your own community. For a list of locations, visit [www.michigan.gov/flintwater](http://www.michigan.gov/flintwater).