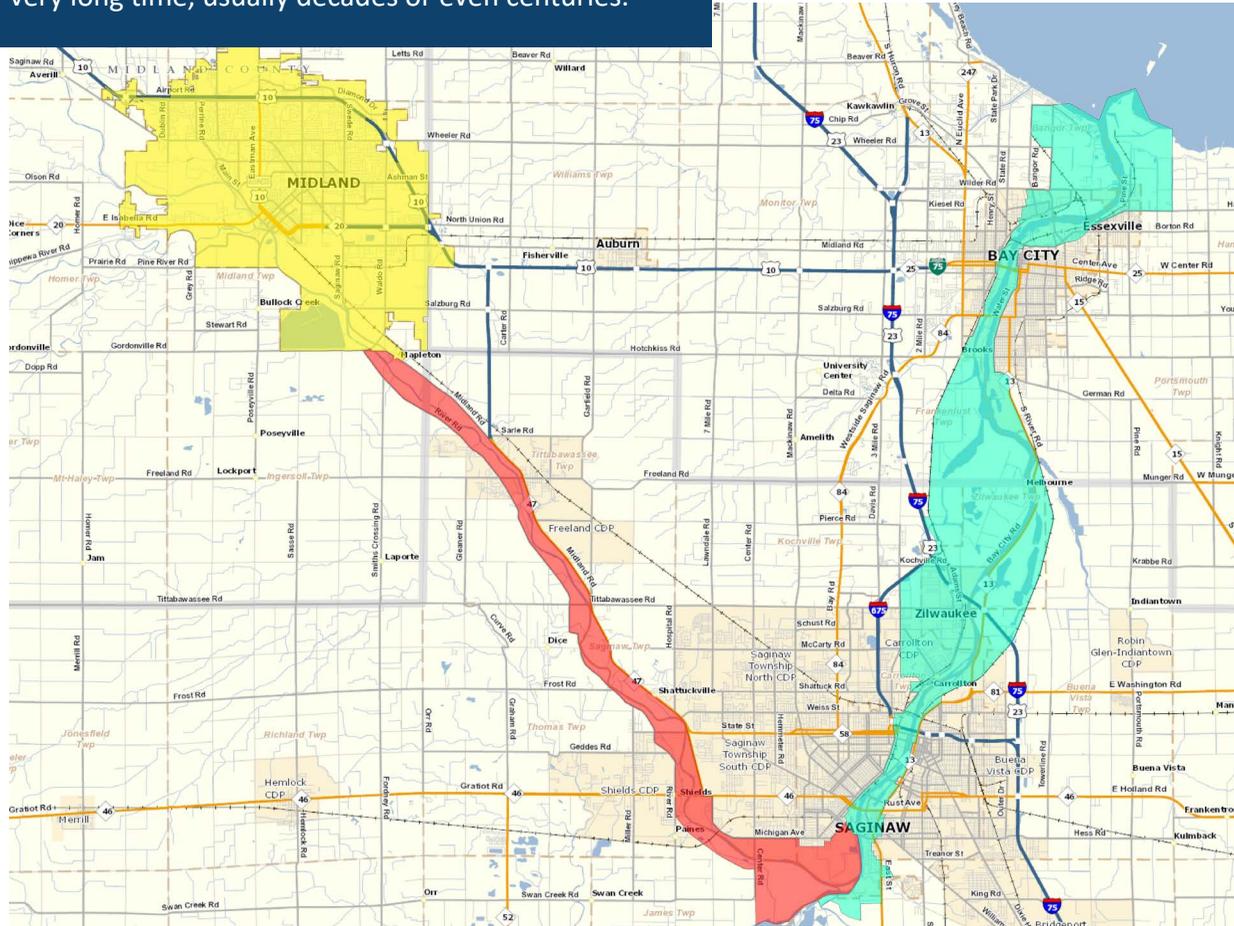


What are dioxins and furans?

Dioxins and furans are chemicals that are known to be harmful to the health of humans and animals.

Dioxins and furans stay in the environment for a very long time, usually decades or even centuries.



Where are the areas with high levels of dioxins and furans?

The areas that flood at least every 5-10 years along the Tittabawassee River, in or downstream of Midland, and along the Saginaw River have been shown to have higher levels of dioxins and furans.

If you live, fish, or hunt in these areas, we recommend you follow the advice in this brochure.

If you are not sure if you are in an area with high levels of dioxins and furans, contact the U.S. Environmental Protection Agency (EPA) at 989-395-3493 or the Michigan Department of Environment, Great Lakes, and Energy (EGLE) at 517-284-6576.

Where can you get more information about avoiding dioxins and furans?

Check inside this brochure to learn more about limiting your contact with dioxins and furans at home.

You can also get more information about dioxins and furans and how they can affect your health by calling:

Department of Health and Human Services at 517-335-8350, or visit www.bit.ly/mdhhsdioxin or www.Michigan.gov/EatSafeFish.

To learn more about the contaminant cleanup activities, call:

The U.S. Environmental Protection Agency (EPA) at 989-395-3493, or visit www.epa.gov/superfund/tittabawassee-river.

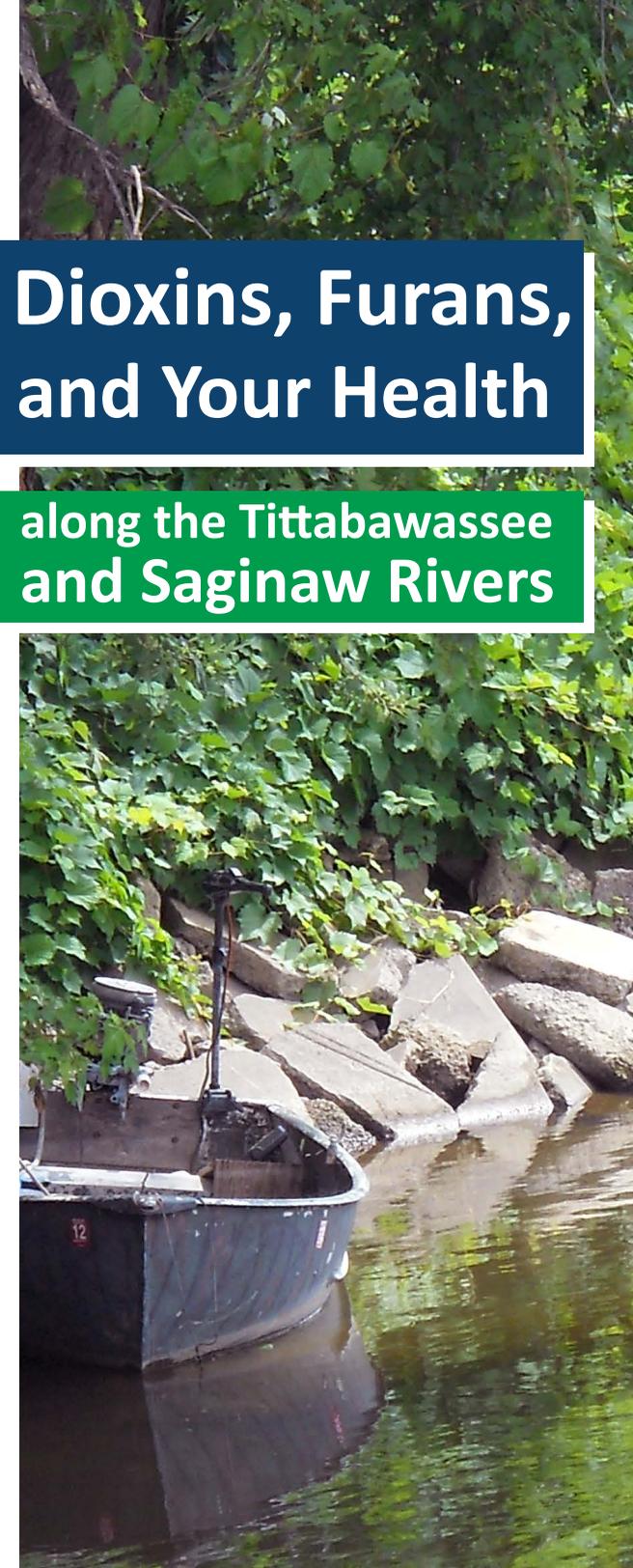
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MICHIGAN DEPARTMENT OF ENVIRONMENT, GREAT LAKES, AND ENERGY

Dioxins, Furans, and Your Health

along the Tittabawassee and Saginaw Rivers





How can you be exposed to dioxins and furans?

When you eat contaminated food, or breathe or swallow contaminated soil or dust, dioxins and furans get into your body. These chemicals can build up in your body and stay for years, even decades.

Dioxins and furans are in the Tittabawassee and Saginaw Rivers.

Dioxins and furans build up in bottom feeding fish and fish that eat other fish. The chemicals are stored in the filet and fat.

When the rivers flood, dioxins and furans get on the land.

Grazing wild animals, such as deer and turkey also have the chemicals in their meat, organs, and fat.

Dioxins and furans are in the soil and dust in these areas.

Grazing domestic animals eat some soil and dust when they graze on contaminated soil. The chemicals build up in the meat, fat, milk, and of the animals and in poultry eggs.

Soil or dust on the skin of homegrown fruits and vegetables can have dioxins and furans.

Can dioxins and furans make you sick?

Exposure to dioxins and furans will not make you sick right away and does not mean that you will become sick.

Too much exposure to dioxins and furans over time can contribute to:

- cancer
- heart disease
- diabetes

and can harm your:

- liver
- immune system
- hormones
- brain development
- reproductive health and fertility
- tooth development

People with serious health problems, babies, and children are at greatest health risk.

What about breastfeeding your baby?

Dioxins and furans can be passed to your baby through breast milk. Breastfeeding is linked to many benefits for babies and nursing mothers. Current research shows that the health benefits of breastfeeding outweigh health risks, so moms are encouraged to breastfeed. If you have concerns about breastfeeding your baby, talk to your doctor.



How can you limit your contact with dioxins and furans?

When preparing and eating food, we recommend you -

- Follow the Eat Safe Fish and Wild Game Guides. You can find them at www.Michigan.gov/EatSafeFish.
- Don't eat homegrown eggs, dairy products, or livestock, including chickens, cows, pigs, and sheep, raised on contaminated soil.
- Cut away the fat on fish and wild game. Dioxins and furans are stored in the fat. Cook the meat on a rack or grill so the fat can drip away.
- Rinse fruits and vegetables to remove any soil or dust. Peel root vegetables such as carrots, potatoes, and beets.

When working or playing in your yard, we recommend you -

- Don't let children play in soil that is suspected or known to be contaminated.
- Move your garden out of areas that flood, or use clean soil in raised garden beds.
- Wash your hands with lots of soap and water after working or playing in your yard. Clean under your nails too.
- Prevent pets from tracking contaminated soil into the house. Give your pets a play area in your yard that doesn't flood.
- Wash soil and mud from your clothes, shoes, gardening and other tools, and outdoor toys. Don't bring them into the house until the soil has been washed away.
- Keep pets out of the river. If they do come into contact with known or suspected contaminated soil or the river, give them a bath before they come into the house.