

IMPORTANT INFORMATION ABOUT LEAD IN YOUR DRINKING WATER

This notice is brought to you by:

Supply Name: Lewiston K-6 School

Water Supply Serial Number (WSSN): 2002360

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The supply listed above found elevated levels of lead in drinking water in some homes/buildings. Lead can cause serious health problems, especially for pregnant women and young children. Please read this notice closely to see what you can do to reduce lead in your drinking water.

HEALTH EFFECTS OF LEAD

Lead can cause serious health problems if too much enters your body from drinking water or other sources. It can cause damage to the brain and kidneys, and can interfere with the production of red blood cells that carry oxygen to all parts of your body. The greatest risk of lead exposure is to infants, young children, and pregnant women. Scientists have linked the effects of lead on the brain with lowered IQ in children. Adults with kidney problems and high blood pressure can be affected by low levels of lead more than healthy adults. Lead is stored in the bones and it can be released later in life. During pregnancy, the child receives lead from the mother's bones, which may affect brain development.

SOURCES OF LEAD

Drinking water is one possible source of lead exposure. Lead is a common metal found in the environment and enters drinking water primarily as a result of the corrosion, or wearing away, of materials containing lead in the water distribution system and plumbing. These materials include lead-based solder used to join copper pipe, brass and chrome plated brass faucets, and in some cases, pipes made of lead. Plumbing products such as pipes and fixtures, including those advertised as "lead free," may contribute lead to drinking water. The law currently allows these products with up to 0.25 percent lead to be labeled as "lead free." Older fixtures may contain higher levels of lead.

STEPS TO REDUCE EXPOSURE TO LEAD IN DRINKING WATER

- 1. Run the water to flush out lead.** Run water for 15-30 seconds or until it becomes cold or reaches a steady temperature before using it for drinking or cooking, if it hasn't been used for several hours. This flushes lead-containing water from the pipes.
- 2. Use cold water for cooking and preparing baby formula.** Do not cook with or drink water from the hot water tap; lead dissolves more easily into hot water. Do not use water from the hot water tap to make baby formula.
- 3. Do not boil water to remove lead.** Boiling water will not reduce lead levels.
- 4. Get your child tested.** Contact your local health department or healthcare provider to find out how you can get your child tested for lead if you are concerned about exposure.
- 5. Identify if plumbing fixtures contain lead.** Faucets, fittings, and valves may contribute lead to drinking water unless they have been replaced since 2013. Any new connecting plumbing and fittings should meet the 2014 lead-free definition. If you replace your faucet, buy a new one that meets the 2014 lead-free definition. Visit the National Sanitation Foundation Web site at www.nsf.org to learn more about lead-containing plumbing fixtures.