

Health Effects of Lead

Exposure to lead in drinking water can cause serious health effects in all age groups. Infants and children can have decreases in intelligence and attention span. Lead exposure can cause new learning and behavior problems or exacerbate existing learning and behavior problems. The children of pregnant people who are exposed to lead before or during pregnancy can have increased risk of these adverse health effects. Adults can have increased risks of heart disease, high blood pressure, kidney, or nervous system problems.

Sources of Lead

Lead is rarely found in a water system's surface or groundwater source but may enter drinking water if plumbing materials, such as solder or fixtures, including some made of chrome or brass, contain lead and corrode. Homes built before 1990 are more likely to have plumbing, solder, and fixtures that contain lead. The U.S. Environmental Protection Agency estimates that 10 to 20 percent of a person's potential exposure to lead may come from drinking water. Infants who consume mostly formula mixed with lead-containing water can receive 40 to 60 percent of their exposure to lead from drinking water.

More information

For more information on reducing lead exposure and the health effects of lead, visit the U.S. EPA website www.epa.gov/lead, call the National Lead Information Center at 800-424-5323, or speak with your health care provider.

For information about your water system's Service Line Inventory and Lead Service Line

Replacement Plan, please contact _____ at

_____, or _____.

Date distributed: _____

Important Information About Your Drinking Water Service Line

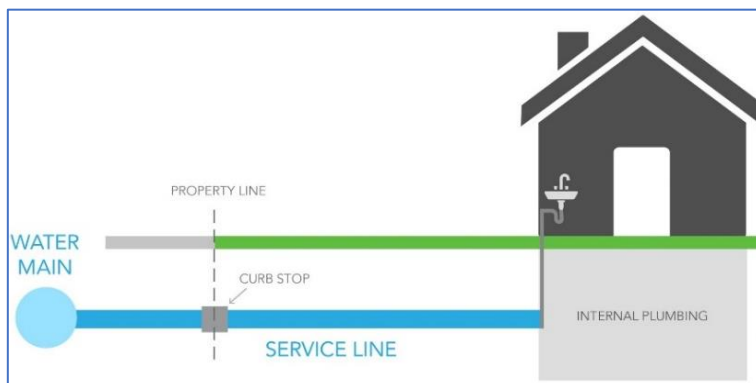
The _____ water system has determined your house or building receives drinking water from a **confirmed lead service line**. Lead can cause serious health problems, especially for pregnant people and young children. Please read this information closely to see what you can do to reduce lead in your drinking water and share this information with anyone who drinks and/or cooks using water at this property.

What is a service line?

A service line is the pipe connecting the water main to the interior plumbing in a building. The service line may be wholly owned by the water system or property owner, or ownership may be split between the water system and the property owner.

Replace your building's lead service line.

If a property owner replaces their portion of the lead service line, then the water system is required to replace the system-owned portion of the lead service line when notified by the property owner of the replacement.



Call the water system at _____ or visit the water system website at _____ for information about:

- Opportunities to replace lead service lines.
- Programs that provide financing solutions to assist property owners with replacement of their portion of a lead service line.
- Notifying the water system that you are replacing your portion of a service line.

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Steps You Can Take to Reduce Your Exposure to Lead in Your Drinking Water

- Run your 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.
- Use cold water for cooking and preparing baby formula. Lead dissolves more easily in hot water.
- Do not boil water to remove lead. Boiling water will not reduce lead.
- Look for alternative sources or water treatment. You may want to consider purchasing bottled water or a water filter. The U.S. Food & Drug Administration set a limit for lead in bottled water of 5 parts per billion. Not all water filters remove lead. Check the product for independent testing from a group such as NSF International (NSF.org, 800-673-8010) that verifies the specific filter model removes lead.
- Use your filter properly. Using a filter can reduce lead in drinking water. If you use a filter, it should be certified to remove lead. Read any directions provided with the filter to learn how to properly install, maintain, and use your cartridge and when to replace it. Using the cartridge after it has expired can make it less effective at removing lead. Do not run hot water through the filter. For more information on facts and advice on home water filtration systems, visit EPA's website at <https://www.epa.gov/water-research/consumer-tool-identifying-point-use-and-pitcher-filters-certified-reduce-lead>.
- Clean your aerator. Regularly remove and clean your faucet's screen (also known as an aerator). Sediment, debris, and lead particles can collect in your aerator. If lead particles are caught in the aerator, lead can get into your water.
- Test your water for lead. Call us at _____ to find out how to get your water tested for lead by a certified laboratory. Results may differ between first-draw water and water collected after the tap has been flushed.
- Identify and replace plumbing fixtures that contain lead. Over the last few decades, several state and federal laws have reduced the amount of lead allowed in plumbing solder and fixtures.

Get your children tested to determine lead levels in their blood.

A family doctor or pediatrician can perform a blood test for lead and provide information about the health effects of lead. The Vermont Department of Health also provides information about how you can have your children's blood tested for lead. Please visit <https://www.healthvermont.gov/environment/healthy-homes/lead-hazards-and-lead-poisoning> for information on these actions.

Other information from your water system.

Date distributed: _____