

LEAD • WATER • YOU

how lead in the water affects your health



HEALTH EFFECTS OF LEAD EXPOSURE

Lower Blood Lead Level:

- ◆ Developmental delays
- ◆ Learning difficulties
- ◆ Irritability
- ◆ Loss of appetite
- ◆ weight loss
- ◆ Sluggishness & fatigue
- ◆ Abdominal pain
- ◆ Vomiting
- ◆ Constipation
- ◆ Hearing loss
- ◆ Premature birth
- ◆ Reduced growth

Extremely High Blood Lead Level:

- ◆ Severe brain damage
- ◆ Miscarriage
- ◆ Kidney damage
- ◆ Death



Lead poisoning can be hard to detect. Signs and symptoms don't appear until dangerous amounts have accumulated.

Common Sources of Lead in Colorado



Homes built before 1978 with chipping, peeling or flaking paint, or imported toys with lead-based paint.



Imported spices such as turmeric, coriander, black peppery, thyme and hanuman sindoor.



Imported glazed pottery commonly used to cook beans or hot chocolate.



Home remedies such as greta or azacron used to treat stomach illness or empacho.



Soil or dust tracked into the house contaminated with lead.



Hobbies such as hunting and fishing that use leaded bullets or fish sinkers; some artist paints and furniture refinishing.



Work in lead related industries such as construction, mining, welding or plumbing.



Water from pipes in homes built before 1978 can be contaminated with lead.

967 ⇒ **5.6** MILLION PEOPLE
PUBLIC WATER SYSTEMS
 Twenty-three systems working to lower lead levels

How does it get in your drinking water?

Lead in drinking water typically comes from corrosion inside drinking water service lines and household plumbing materials. Lead is not present in drinking water sources like groundwater wells or rivers.

Service lines are the pipes that connect a water system's main distribution pipe in the street to individual household plumbing. In many cases, the water system does not have authority to replace privately owned service lines without a willing owner.

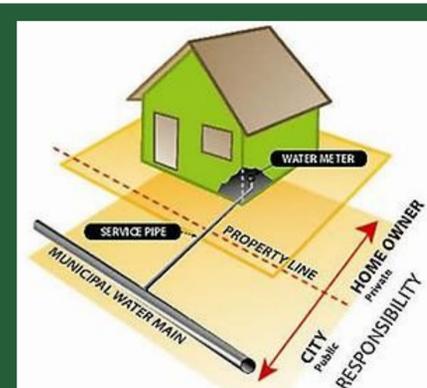
Lead service lines were commonly installed in the U.S. until the mid-1950s. Lead solder was used in household plumbing until 1987. Detailed records of the location of lead service lines generally do not exist because lead service lines were installed and buried many decades ago before the Safe Drinking Water Act of 1974.

Schools or daycare centers that receive water directly from a city or other public water system and do not have their own source(s) are not regulated under the Lead and Copper Rule. They are not required to sample for lead. Schools and daycare centers are encouraged to contact their water provider for more information.



Responsibility owner or water system?

Ownership of the drinking water service line is unique to the water system. Generally, the homeowner owns the service line all the way to the system main line.



SIMPLE STEPS TO REDUCE LEAD IN YOUR WATER

1. LET YOUR WATER RUN BEFORE DRINKING.

If it has not been used for several hours, run the cold water tap until the temperature is noticeably colder. Sometimes it can take two minutes or longer. This flushes lead-containing water from the pipes.

2. ALWAYS USE COLD WATER FOR DRINKING, COOKING, AND PREPARING BABY FORMULA.

Never cook, drink water, or prepare baby formula with water from the hot water tap.

3. BOILING WATER WILL NOT REMOVE LEAD.

Do not boil water to try and remove lead from your drinking water.

4. PERIODICALLY REMOVE AND CLEAN THE FAUCET'S STRAINER/AERATOR.

While removed, run water to remove debris.

5. USE A WATER FILTER OR A HOME WATER TREATMENT DEVICE.

Many - but not all - water filters and water treatment devices are certified by independent organizations for effective lead reduction. Verify the claims of manufacturers by checking with independent certifying organizations that provide lists of treatment devices they have certified (NSF International)

6. USE BOTTLED WATER.

Not all bottled water has been tested for lead and other contaminants. If you choose to use bottled water, you should verify that the water has been tested (NSF International).

