

**IMPORTANT
INFORMATION!**

**Lead in
Household
Plumbing**
and

**Your Drinking
Water**



What Pleasant Home Water District Customers Need to Know

Recent monitoring results from homes exceeded the regulatory level for lead in drinking water.

The City of Portland is making treatment improvements by April 2022 to reduce the levels of lead in drinking water. This treatment change will increase the pH and alkalinity of our water.



Important information about lead in your drinking water

A joint monitoring program with the Portland Water Bureau, Pleasant Home Water District, and other purchasers found elevated levels of lead in drinking water in some homes/buildings. 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.

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 the body. The greatest risk of lead exposure is to infants, young children, and pregnant people. 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 pregnant person's bones, which may affect brain development.



Questions?

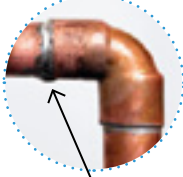
**Contact the
LeadLine
leadline.org
503-988-4000**

Sources of Lead

Lead is commonly found in a variety of places throughout our environment. While lead is rarely found in our source waters and there are no known lead service lines up to the meter, lead can be found in some homes.

In Portland, lead enters drinking water from the corrosion (wearing away) of household plumbing materials that contain lead. These materials include lead-based solder used to join copper pipe – commonly used in homes built or plumbed between 1970 and 1985 – and brass components and faucets. Because Portland's water is naturally corrosive, lead in household plumbing can dissolve into drinking water when water sits in those pipes for several hours – such as overnight or while people are at work or school.

In Portland, the most common sources of very high lead exposure are lead-based paint, household dust, soil, and plumbing materials. Lead can also be found in other household objects such as toys, cosmetics, and pottery.



Copper pipe may contain lead-based solder in older homes

More common sources of very high lead exposure



Lead-based paint



Household dust and soil

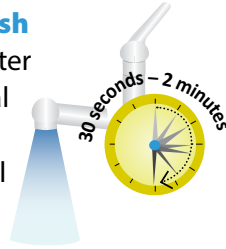


Plumbing materials

8 Easy Steps for Reducing Lead Exposure from Drinking Water

1 Run your water to flush the lead out.

If the water has not been used for several hours, run each tap for 30 seconds to 2 minutes or until it becomes colder before drinking or cooking.



2 Use cold, fresh water for cooking and for preparing baby formula.

Lead dissolves more easily into hot water. Do not use water from the hot water tap for cooking, drinking, or to make baby formula.

3 Consider using a filter.

Check whether it reduces lead – not all filters do. To protect water quality, maintain and replace a filter device in accordance with the manufacturer's instructions. Contact NSF International at **800-NSF-8010** or nsf.org for information on certified water filters.

4 Test your water for lead.

Order a **FREE** Lead-in-water test from the **LeadLine**.

5 Test your child for lead.

Ask your doctor or contact the **LeadLine** to find out how to have your child tested for lead. A blood lead level test is the only way to know if your child is being exposed to lead.

6 Do not boil water to remove lead.

Boiling water will not reduce lead.

7 Regularly clean your faucet aerator.

Particles containing lead from solder or household plumbing can become trapped in your faucet aerator. Regular cleaning or replacement every few months will remove these particles and reduce your exposure to lead.



8 Consider buying low-lead fixtures.

As of 2014, all pipes, fittings, and fixtures are required to contain less than 0.25 percent lead. When buying new fixtures, look for ones with the lowest lead content.

**Contact the
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leadline.org
503-988-4000**

Lead Testing Results

Twice each year, the Portland Water Bureau collects water samples from a group of over 100 homes, including Pleasant Home Water District, that have copper piping with lead solder. Because more than 10% of the homes tested had results over the action level for lead in drinking water, Portland is required to act to reduce levels of lead. Portland is conducting a public education campaign about lead in drinking water.

FOR MORE INFORMATION

Call the City of Portland at **503-823-7525**, or visit their website at portland.gov/water/lead.

For more information on reducing lead exposure around your home/building and the health effects of lead, visit EPA's website at epa.gov/lead or contact your health care provider.

Resources to Reduce Your Exposure

In addition to reducing lead exposure in drinking water, the Portland Water Bureau, through the **LeadLine**, supports programs to reduce all sources of exposure to lead:

- Lead poisoning prevention workshops
- Programs to reduce lead hazards
- **FREE** childhood blood lead level testing
- **FREE** lead-in-water test kits to its customers

Drinking Water Treatment Improvements are Starting this Spring



After exceeding the lead action level in 2013, Portland worked to identify ways to further reduce the amount of lead that can enter the water from household or building plumbing. Portland determined that improving the drinking water treatment is the most effective way to reduce lead levels.

In 2016 the Oregon Health Authority required Portland to install improved treatment which will be in operation beginning April 2022. This improved treatment will reduce lead at the tap by increasing the water's pH to at least 8.5 and adjusting the alkalinity to 25 mg/L.

Important information about lead in household plumbing and your drinking water:

portland.gov/water/lead

Información importante sobre el plomo en las tuberías del hogar y el agua potable: **portland.gov/water/lead**

Важная информация о содержании свинца в жилищной водопроводно-канализационной системе и питьевой воде: **portland.gov/water/lead**

Thông Tin Quan Trọng Về Chì Trong Đường Ống Hộ của Gia Đình và Nước Uống: **portland.gov/water/lead**

关于家居管道系统及饮用水中含铅量的重要讯息: **portland.gov/water/lead**

Informații importante cu privire la prezența plumbului în instalațiile casnice și în apa dumneavoastră potabilă: **portland.gov/water/lead**

Warbixin muhiim ah ee ku saabsan mirirka tuubada qoyska iyo biyahaaga cabitaanka: **portland.gov/water/lead**

Важлива інформація про свинець у побутових водопровідних системах і питній воді: **portland.gov/water/lead**

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PO Box 870 • Gresham, OR 97030

www.pleasanthomewater.com

Office: 503-201-4341

Email:

customerservice@pleasanthomewater.com