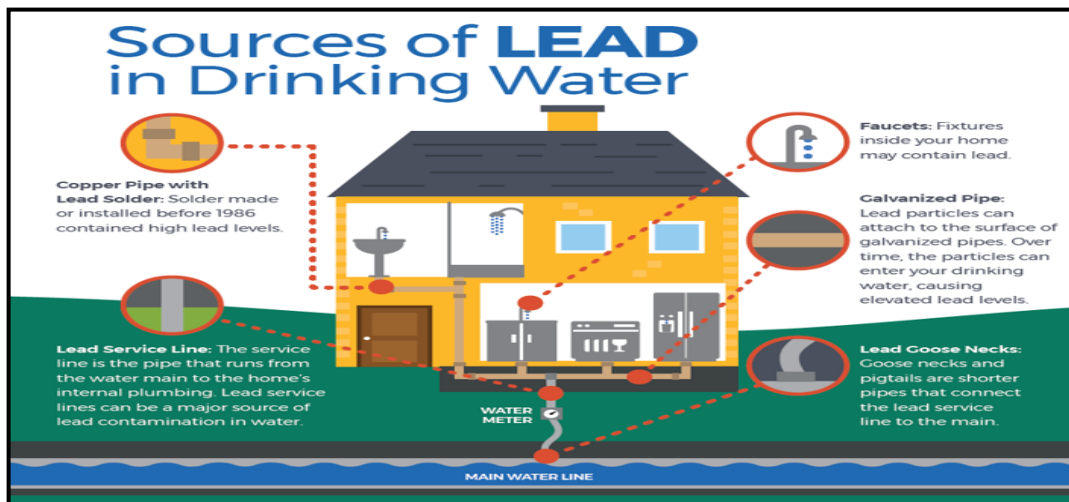


HEALTH EFFECTS OF LEAD

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

Lead is a common metal found in the environment. Drinking water is one possible source of lead exposure. The main sources of lead exposure are lead-based paint and lead-contaminated dust or soil, and some plumbing materials. In addition, lead can be found in certain types of pottery, pewter, brass fixtures, food, and cosmetics. Other sources include exposure in the workplace and exposure from certain hobbies (lead can be carried on clothing or shoes). Lead is found in some toys, some playground equipment, and some children's metal jewelry. Brass faucets, fittings, and valves, including those advertised as "lead-free," may contribute lead to drinking water. The law currently allows end-use brass fixtures, such as faucets, with up to 0.25 percent wetted surface lead to be labeled as "leadfree." When water is in contact with pipes, and plumbing containing lead for several hours, the lead may enter drinking water. Homes built before 1988 are more likely to have lead pipes or lead solder. Don't forget about other sources of lead such as lead paint, lead dust, and lead in soil. Wash your children's hands and toys often as they can come into contact with dirt and dust containing lead.

STEPS YOU CAN TAKE TO REDUCE YOUR EXPOSURE TO LEAD IN YOUR WATER

1. Run your water to flush out lead Run water from the cold water tap for 15-30 seconds to flush lead from interior plumbing or until it becomes cold and reaches a steady temperature before using it for drinking or cooking if it hasn't been used for several hours.
2. Use cold water for cooking and preparing baby formula. Do not cook with or drink water from the hot water tap. Also, do not boil water from the hot water tap, as hot water can dissolve lead more quickly than cold water. Rather, if you need hot water, draw water from the cold tap and heat it on the stove. Do not use water from the hot water tap to make baby formula.
3. Identify and replace plumbing fixtures containing lead new brass faucets, fittings, and valves, including those advertised as "lead-free," may contribute lead to drinking water. The law currently allows end-use brass fixtures, such as faucets, with up to 0.25 percent wetted surface lead to be labeled as "leadfree."
4. Test your water for lead!

Alternative sources or treatment of water

Bottled water or a water filter. Read the package to be sure the filter is approved to reduce lead or contact NSF International at 800-NSF-8010 or www.nsf.org for information on performance standards for water filters. Be sure to maintain and replace a filter device in accordance with the manufacturer's instructions to protect water quality.

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