## Protect yourself and your family from lead in drinking water

There is no safe level of lead. Lead can affect learning, mental health, and increase the risk of diseases later in life. People can come in contact with lead from many places including paint, dirt, certain foods, and **drinking water**.

## Everyone should follow these steps:



**Run tap water** for at least 3 minutes before drinking if it has been sitting for more than 2 hours. *You can collect this water to use for other purposes like washing dishes or watering plants.* 



**Clean your** faucet's screen once a month and when water flow is low or construction or plumbing work has been done in or near your home.



**Use the cold water tap** for drinking and preparing food including infant formula.



**Learn about your water quality.** Check your <u>water utility's annual report</u> (called a consumer confidence report). <u>Test your private well for lead</u> once every five years and before it will be used by a pregnant woman or baby.





Use a safe source of water for drinking and preparing food.

Use bottled water or water from a <u>certified filter or treatment system</u>.

Sensitive groups are bottle-fed babies, pregnant women, and children with an elevated blood lead level that have lead in their home's plumbing.



Remove lead sources from your home's plumbing. <u>Lead and galvanized steel</u> <u>service lines and pipes</u> are a main source of exposure so start by replacing these. Also work to replace brass and bronze faucets.

Flip over to learn how to check your home's plumbing for lead.

## Check your home's plumbing for lead sources.

Pipes, faucets, and other plumbing components in a home can contain lead. Check your home for these common sources and take action to remove them if located.



Faucets may contain lead if they are made from brass or bronze.



Interior pipes can be a source of lead if they are made from lead or galvanized steel.



Solder holds pipes together. Homes built before 1986 likely have lead solder.



Service line The service line is the pipe that brings water into your home if you get your drinking water from a water utility. This can be a source of lead if it is made of lead or galvanized steel.



Private well Parts of a private well may have lead. <u>Testing your well for lead</u> at least once every 5 years can help determine if it is a source of lead.



## Lead can be in other places in your home.

Take action to protect your family from other important sources.



