

IMPORTANT INFORMATION ABOUT LEAD IN DRINKING WATER

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 IQ and attention span. Lead exposure can lead to new learning and behavior problems or exacerbate existing learning and behavior problems. The children of women 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.

Lead is a common metal that has been in many consumer products but is now known to be harmful to human health if ingested or inhaled. It can be found in lead-based paint, air, soil, household dust, food, some types of pottery, and drinking water. Lead is rarely found in natural sources of water such as rivers, lakes, wells or springs.

Steps you can take to reduce exposure to lead in drinking water.

- **Run your water before use.** Daily, allow the water to run at the tap for 5 minutes to flush water through the service line and plumbing in the house before using it for drinking or cooking. Taking a shower, running the dishwasher or flushing the toilet will also flush your lines.
- **Use cold water for drinking, cooking and preparing baby formula.** Do not cook with or drink water from the hot water tap as lead dissolves more easily into hot water. Do not use water from the hot water tap to make baby formula.
- **Clean your aerator.** Regularly 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.
- **Do not boil water to remove lead.** Boiling water does not remove lead.
- **Obtain an NSF (National Sanitation Foundation) Certified home water treatment device** that is certified to remove lead.
- **Identify and replace plumbing fixtures** containing lead and any copper piping with lead solder.
- **Check home wiring.** Water service lines are sometimes used to ground electrical lines. The wiring in your home or building may be attached to your water service line or elsewhere in your plumbing. If you have a lead service line, this can accelerate its corrosion. Have a licensed electrician check your wiring.
- **Get your child tested.** Contact your local health department or healthcare provider to find out how you can get your child's blood tested for lead if you are concerned about exposure.

Call the Town of New Market Water Plant at 540-740-9576 to find out how to get your water tested for lead or for more information. For more information on reducing lead exposure around your home/building and the health effects of lead, visit EPA's Website at www.epa.gov/lead or contact your healthcare provider, or your County/City Local Health Department.

This notice has been brought to you by the Town of New Market Water Plant.
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