LEAD gets in our drinking water from plumbing, water fixtures, pipes, and solder. LEAD can cause serious health problems if it enters your body from drinking water or other sources such as peeling old paint, remodeling dust, and soil.

Health effects in children of lead exposure may cause:
- Behavior and learning issues
- Lower IQ & hyperactivity
- Slowed growth
- Hearing problems
- Stomach aches
- Tiredness

Health effects in adults of lead exposure over time may cause:
- Increased blood pressure
- Decreased kidney function
- Decreased cognitive function
- Slower reaction time
- Altered mood and behavior
- Increased risk of heart disease

There is NO safe level of lead in a child’s blood.

**What to do?**
Have your child’s blood tested for lead by the doctor or health department.

**What to AVOID!**
- Do not use hot water for drinking or cooking. Lead dissolves more easily into hot water.
- Do not try to remove lead by boiling water. Water evaporates during boiling. The concentration of lead may increase as a result of boiling.

**SIMPLE STEPS to Reduce Lead in Drinking Water**

**FLUSH**
Flush water pipes for at least two minutes or until it runs cold can reduce lead. After water sits for several hours it is important to flush before using water for cooking and drinking.

**FILTER**
Install a water filter on your faucet designed to remove lead from water (NSF/ANSI Standard 53 for lead reduction is on the label). Available at big box stores and online.

**USE ONLY COLD WATER**
Use only cold water (with filter on) for drinking, cooking, and mixing baby formula. Hot water likely contains higher levels of lead and other contaminants.

**CLEAN**
Lead particles can get caught in your faucet aerator. Cleaning the screen can reduce lead that gets into your drinking water.

**EAT HEALTHY FOOD**
A diet rich in iron, calcium and vitamin C can help keep lead from entering bones and blood. Dark leafy greens, lean meats and most cereals are high in iron. Milk, cheese, broccoli, spinach, and yogurt are good sources of calcium. Oranges, tomatoes, potatoes, broccoli and berries are high in vitamin C.

Learn more at freshwaterfuture.org/issues/lead