

STAY SAFE from LEAD in Drinking Water

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.



Important Steps You Can Take to Reduce Lead in Drinking Water

Because the lead pipes haven't all been removed yet, you can do the following:

Install a water filter, such as Brita (Brita faucet filter, model SAFF-100), Pur (PUR Faucet Mount, model number FM-3700B) and ZeroWater (ZeroWater 23-Cup Dispenser, model number ZD-018).

Make sure you use a **filter certified to remove lead** (NSF/ANSI Standard 53 along with a claim of lead reduction).

These filters can be found at nearby retail stores such as Lowes, Home Depot, Walmart, and Target. Please check your local hardware store if you don't live near one of these chains or order online.

Use your filter properly.

Read the directions to learn how to properly install and the recommended frequency to replace the cartridge. Using the cartridge after it is full can make it less effective at removing lead.

Do not run hot water through the filter.

Concerned about bacteria in your drinking water?

You can flush potential bacteria from the filter by simply running the water for 15 seconds.

If you are concerned about bacteria in your water, you can boil the FILTERED water only. If you have any level of lead in your tap water, you should NEVER boil the water directly from the tap as it will increase the concentration of lead.

FLUSH. Anytime the water has not been used for a few hours or longer, **flush your pipes by running the cold-water tap until it becomes cold.** This may take up to two minutes.

If you have a filter, run the water with the filter-off. When water sits in the pipes for long periods of time, it is more likely to contain higher concentrations of lead.

Only use water from the cold-water tap (from the filter) for consumption (drinking, cooking, and especially for making baby formula). Hot water is likely to contain higher levels of lead and other contaminants.

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.

Visiting your doctor can help determine if you and your family have elevated levels of lead in your blood, and what additional actions may be necessary.

You can also purchase a home water dispenser from a service such as Culligan. There are various models, many of which carry 5 gallon pitchers that can be replaced by delivery.



To Learn more visit: freshwaterfuture.org/lead