

**Name of System:** \_\_\_\_\_ **NE# 31-** \_\_\_\_\_

**Sample Site Address:** \_\_\_\_\_ **Date of Collection:** \_\_\_\_\_

Thank you for participating in the lead and copper tap monitoring program. The Safe Drinking Water Act requires that a water system provides a notice of the individual lead and copper tap results to the consumers of the site where the tap was tested.

The following are the lead and copper results for the above sample site:

**Lead** results: \_\_\_\_\_ µg/L **Copper** results: \_\_\_\_\_ µg/L

### What Does This Mean?

Water samples were recently collected from this location and tested for lead and copper to assure the safety of the water you consume. This document provides you with the results of those tests and some important health information.

### Important Facts

An action level ("AL") is the concentration of lead or copper in water which determines what treatment requirements, if any, a water system is required to complete.

The AL for **lead** is 15 micrograms per liter ("µg/L") of water. The AL for **copper** is 1300 µg/L of water.

Both lead and copper have a maximum contaminant level goal ("MCLG") which is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

The MCLG for **lead** is zero, and the MCLG for **copper** is 1300 µg/L.

### Health Effects of Lead

Lead can cause serious health problems if too much enters your body from drinking water or other sources.

*\*Information continued on back.\**

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.

## Steps You Can Take to Reduce Your Exposure to Lead in Your Water

- ❖ **Run Your Water.** The more time water has been sitting in your home's pipes, the more lead it may contain. Before drinking, flush your home's pipes by running the tap, taking a shower, doing laundry, or doing a load of dishes. The amount of time to run the water will depend on whether your home has a lead service line or not, as well as the length and diameter of the service line and the amount of plumbing in your home.
- ❖ **Use Cold Water.** Do not use hot water from the tap for drinking, cooking, or making baby formula as lead dissolves more easily into hot water. Boiling water does not remove lead from water.
- ❖ **Use Your Filter Properly.** Using a filter can reduce lead in drinking water. If you use a filter, it should be certified to remove lead. Read any directions provided with the filter to learn how to properly install, maintain, and use your cartridge and when to replace it. Using the cartridge after it has expired can make it less effective at removing lead. Do not run hot water through the filter. For more information on facts and advice on home water filtration systems, visit EPA's website at <https://www.epa.gov/groundwater-and-drinking-water/home-drinking-water-filtration-fact-sheet>.
- ❖ **Learn What Your Service Line Material Is.** Determine if the pipe that connects your home to the water main (called a service line) is made from lead, galvanized, or other materials. New faucets, fittings, and valves may contain lead.
- ❖ **Testing Blood.** Exposure to lead is a significant health concern, especially for young children and infants whose growing bodies tend to absorb more lead than the average adult. If you are concerned about lead exposure in your home, contact your health care provider about testing children to determine levels of lead in their blood.

## Health Effects of Copper

Copper is an essential nutrient but some people who drink water containing copper in excess of the action level over a relatively short amount of time could experience gastrointestinal distress. Some people who drink water containing copper in excess of the action level over many years could suffer liver or kidney damage. People with Wilson's Disease should consult their physician.

## More Information

For more information, contact our water system at \_\_\_\_\_.

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