

LEAD POISONING

Limit the Risk

There are simple steps you can take to avoid possible exposure to lead

- Flush the tap every morning by running cold water for one minute before using. This clears out water that has been sitting in the pipes overnight. Also flush the tap when you have been away from home.
- Use only cold water from the tap for drinking and cooking. If you need hot water, start with cold water from the tap and then heat it on the stove or microwave.
- For babies and toddlers, use bottled water to prepare formula and baby food until you get your water test results.
- Boiling water WILL NOT remove lead. It may make it worse.
- If possible, filter drinking water using a faucet or pitcher filter. Make sure filters are certified to remove lead and change filters often.
- Keep children from drinking water out of garden hoses, as vinyl in hoses may contain lead. Look for lead-free and drinking water safe garden hoses.



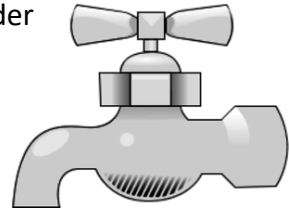
LEAD IN DRINKING WATER

Sources of Lead in Water

Lead is rarely found in water *before* it enters your home, but the plumbing in your home could be contributing lead to the water you drink. Lead is most likely to be found in your water first thing in the morning after the water sits in the pipes all night, or any length of time where it sits more than six hours.

Lead can enter water through home sources such as:

- Wearing down of pipes, faucets, fittings & solder
- Brass & chrome-plated faucets
- Old claw foot tubs



TEST YOUR WATER

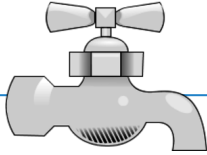
You can not see, smell, or taste lead in water

The only way to know you have lead in your water is to have it tested. To find out about testing, contact the NH State Lab at (603)-271-3445 or contact any certified private lab.

When you take your water sample

- Choose a tap you use for drinking water, such as the kitchen faucet.
- Fill the sample bottle first thing in the morning, before anyone has run the water in the house. This ensures the water you test has been sitting in the pipes all night.
- Keep the water sample refrigerated until you can get it to the lab. Pack it in an ice cooler when you bring it to the lab.

Review the blue bar on the left side of this page for what to do while you are waiting for results, and turn the page over for what to do once you get your water test results.



LEAD IN DRINKING WATER


What does my water test result mean?



Non-Detect (ND) or less than 1 ppb (ug/L) or .001 ppm (mg/L)


- No action needed

1 to 5 ppb (ug/L) or .001 to .005 ppm (mg/L)

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- Flush the tap every morning by running cold water for one minute before using. This clears out water that has been sitting in the pipes overnight. Also flush the tap when you have been away from home.
 - Use only cold water for drinking and cooking. If you need hot water for drinking or cooking, run cold water from the tap first, then heat it.
 - If you use tap water for baby formula/foods, make sure you only use cold water and flush the tap for a full minute first.


5 to 15 ppb (ug/L) or .005 to .015 ppm (mg/L)

Take steps listed above, AND

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- Use bottled water for baby formula.
 - Install a water filter that is certified to remove lead. There are pitcher and faucet filters that remove lead, but read the package carefully. It must say it is certified by NSF/ANSI under Standard 53 for lead removal.
 - Test water for lead after you have taken all the steps above to see how effective these steps were in removing lead.

Greater than 15 ppb (ug/L) or .015 ppm (mg/L)

Take steps listed above, AND:

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- If a second water test shows there is still lead in your water above 5 ppb, try to determine the source of lead in your home. Replace any lead plumbing parts. Drink bottled water until the lead is removed.