

LEAD IN DRINKING WATER PUBLIC EDUCATION

IMPORTANT INFORMATION ABOUT LEAD IN YOUR DRINKING WATER

Highland School District-MWC, found elevated levels of lead in drinking water in some buildings/locations in our water system. Lead can cause serious health problems, especially for pregnant women and young children. Please read this information closely to see what you can do to reduce lead in your drinking water.

Potential Health Effects of Lead

The greatest risk of lead exposure is to infants, young children, and pregnant women. Lead can cause serious health problems if too much enters the body. Lead is accumulated in the bones and can be released later in life. Lead can cause damage to the brain and kidneys, interfere with production of red blood cells that carry oxygen, and may result in lowered IQ in children. During pregnancy, the child receives lead from the mother's bones, which may affect brain development. Children at play can come into contact with additional sources of contamination as dirt and dust that would rarely affect adults. Low levels of lead can affect adults with high blood pressure or kidney problems.

For more information, call us at 509-678-8631, or visit our Web site at www.highland.wednet.edu. For more information on reducing lead exposure and the health effects of lead, visit EPA's Web site at <http://www.epa.gov/lead> or contact your health care provider.

How Lead Gets Into Water

Lead in drinking water most often comes from water distribution lines or household plumbing rather than from the water system source. Plumbing sources can include lead pipes, lead solder, faucets, valves, and other components made of brass. Lead from other sources (such as lead-based paint and contaminated dust or soil) can increase a person's overall exposure, which adds to the effects of lead consumed in drinking water.

How you can reduce exposure:

- When your water has been sitting for 6 hours or more, flush water through the pipe by running the cold-water tap until the water is noticeably colder* before using for drinking or cooking. **(The longer water has been sitting in the pipes, the more dissolved metals it may contain).**
- Use only cold water for drinking, cooking, and making baby formula. Hot water may contain higher levels of lead. Boiling water can increase the level of lead in the water.
- Frequently clean the filter screens and aerators in faucets to remove captured particles.
- If building or remodeling, only use "lead free" or low lead piping and materials. Avoid using copper piping or brass fixtures for locations where water will be consumed or used in food preparation (such as kitchen or bathroom sinks).
- HSD is following up with additional sampling this Fall (2019) and we are working with the DOH to find and resolve any issues. The most recent round of increased sampling has shown no current lead exceedances.

* You can use the flushed water for watering plants, washing dishes, or general cleaning.

Information on lead in drinking water is available from EPA's Safe Drinking Water Hotline at 1-800-426-4791 or online: <http://www.epa.gov/safewater/lead>

You may also access Washington State Department of Health's Office of Drinking Water website at <http://www.doh.wa.gov/ehp/DW/default.htm>.