

Noncommunity Water System CONSUMER NOTICE Lead and Copper Water Sample Results

A water system's compliance with the Lead and Copper Rule is based on all water samples collected from taps used for drinking. The lead or copper results at any particular sampling location may be higher or lower than the compliance limit and do not reflect our water system's compliance with the rule. We will notify all water users if our water system exceeds the regulatory limit.

We collected the required lead and copper samples for this monitoring period.

The results are:

Locations	Lead (mg/L)	Copper (mg/L)
#1 Room 3	0.03308	n/a
_____	_____	_____
_____	_____	_____

The maximum contaminant level goal (MCLG) is the level of a contaminant in drinking water below which there are no known or expected risks to health. MCLGs allow for a margin of safety. The regulatory limits for lead and copper are called action levels. An exceedance occurs when the concentration of the lead or copper in more than 10 percent of the tap water samples exceeds an action level.

- The MCLG for lead is "0" and the action level is 15 ppb (or .015 mg/L).
- The MCLG and action level for copper is 1,300 ppb (or 1.3 mg/L).

Lead or copper action level exceedances will trigger corrosion control treatment and other requirements.

For more information, please contact:

Mark Williams at (509) 678-8630 or 17000 Summitview Rd, Cowiche, WA 98923

This notice is sent to you by Highland School District #203 Water System,

PWS ID# 51560D on 11/13/2019.

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 in 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 stored 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. Low levels of lead can affect adults with high blood pressure or kidney problems.

How Copper Gets into Water

Copper is a mineral and natural component in soils. In the correct amounts, it is an essential nutrient for humans and plants. In Washington State, most copper in drinking water comes from corrosion of household plumbing. Plumbing sources can include copper pipe and brass fixtures. Copper from plumbing corrosion can accumulate overnight.

Potential Health Effects of Copper

Although copper is an essential mineral in the diet, too much copper can cause health problems. Copper is widely distributed within the tissues of the body, but accumulates primarily in the liver and kidneys. A single dose of 15 mg of copper can cause nausea, vomiting, diarrhea, and intestinal cramps. Severe cases of copper poisoning have led to anemia and to disruption of liver and kidney functions. Individuals with Wilson's or Menke's diseases are at higher risk from copper exposure.

How you can reduce exposure:

- If you suspect the water has been sitting in the pipes for several hours, flush the pipe by running the cold-water tap until the water is noticeably colder before using the water 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 or copper.
- 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.