

The Arizona Department of Environmental Quality (ADEQ) and **[insert name of water supplier here]** are concerned about lead in your drinking water. Although most homes have very low levels of lead in their drinking water, some homes in the community have lead levels above the EPA action level of 15 parts per billion (ppb), or 0.015 milligrams of lead per liter of water (mg/L). Under Federal law we are required to have a program in place to minimize lead in your drinking water by **[insert date when corrosion control will be completed for your system]**.

This program includes:

1. Public education content
2. Corrosion control treatment (treating the water to make it less likely that lead will dissolve into the water)
3. Source water treatment (removing any lead that is in the water at the time it leaves our treatment facility)

This brochure also explains the simple steps you can take to protect yourself by reducing your exposure to lead in drinking water.

### Important Information about Lead in Your Drinking Water

**[Insert name of water system]** found elevated levels of lead in drinking water in some homes/buildings. 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.

## HEALTH EFFECTS OF LEAD

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

## SOURCES OF LEAD

Lead is a common metal found in the environment. Drinking water is one possible source of lead exposure. The main sources of lead exposure are lead-based paint and lead-contaminated dust or soil, and some plumbing materials. In addition, lead can be found in certain types of pottery, pewter, brass fixtures, food, and cosmetics. Other sources include exposure in the work place and exposure from certain hobbies (lead can be carried on clothing or shoes). Lead is found in some toys, some playground equipment, and some children's metal jewelry.

Brass faucets, fittings, and valves, including those advertised as "lead-free," may contribute lead to drinking water. The law currently allows end-use brass fixtures, such as faucets, with up to 0.25 percent wetted surface lead to be labeled as "lead-free."

**[Insert utility specific information describing your community's source water – e.g. "The source of water from XX Reservoir does not contain lead" or "Community X does not have**

**any lead in its source water or water mains in the street."]** When water is in contact with pipes, and plumbing containing lead for several hours, the lead may enter drinking water. Homes built before 1988 are more likely to have lead pipes or lead solder.

Don't forget about other sources of lead such as lead paint, lead dust, and lead in soil. Wash your children's hands and toys often as they can come into contact with dirt and dust containing lead.

### STEPS YOU CAN TAKE TO REDUCE YOUR EXPOSURE TO LEAD IN YOUR WATER

1. Run your water to flush out lead

Run water from the cold water tap for 15-30 seconds to flush lead from interior plumbing or until it becomes cold and reaches a steady temperature before using it for drinking or cooking, if it hasn't been used for several hours.

2. Use cold water for cooking and preparing baby formula

Do not cook with or drink water from the hot water tap. Also, do not boil water from the hot water tap, as hot water can dissolve lead more quickly than cold water. Rather, if you need hot water, draw water from the cold tap and heat it on the stove. Do not use water from the hot water tap to make baby formula.

3. Identify and replace plumbing fixtures containing lead

New brass faucets, fittings, and valves, including those advertised as "lead-free," may contribute lead to drinking water. The law currently allows end-use brass fixtures, such as faucets, with up to 0.25

percent wetted surface lead to be labeled as “lead-free.”

4. Test your water for lead

Call us at **[insert phone number for your water system]** to find out how to get your water tested for lead.

5. Get your child’s blood tested

Contact the state or local health department or healthcare provider to find out how you can get your child tested for lead, if you are concerned about exposure.

6. Look for alternative sources or treatment of water

You may want to consider purchasing bottled water or a water filter. Read the package to be sure the filter is approved to reduce lead or contact NSF International at 800-NSF-8010 or **www.nsf.org** for information on performance standards for water filters. Be sure to maintain and replace a filter device in accordance with the manufacturer’s instructions to protect water quality.

**WHAT HAPPENED?  
WHAT IS BEING DONE?**

**[Insert information about how and when the exceedance was discovered in your community and provide information on the source(s) of lead in the drinking water, if known.]**

**[Insert information about what your system is doing to reduce lead levels in homes in your community.]**

**[Insert information about the history of lead levels in tap water samples in your community. For example, have they declined substantially over time? Have they been low and risen recently? Is there a known reason for any lead level changes?]**

**FOR MORE INFORMATION**

Call us at **[Insert Number]** or visit our Web site at **[insert Web site here]**. For more information on reducing lead exposure around your home/building and the health effects of lead, visit EPA’s Web site at [www.epa.gov/lead](http://www.epa.gov/lead), or contact your health care provider.

**[We recommend you include the name of your system and the date that the information is being distributed, along with the state and federal water system ID, somewhere on the notice.]**

# Lead in Drinking Water

