

# Let the faucet run 1-2 minutes before drinking or cooking

## Protect Your Family from Lead in Drinking Water.

The water being provided to your home is tested and treated for lead and is safe to drink. The pipes, fixtures and connections inside your home may contain lead.

Lead is a toxic material that can be found in air, soil, dust, food and water. It is up to you to protect yourself and your family from lead with safe practices.



## For more information about lead and how to keep your family safe

visit [www.epa.gov/safewater/lead](http://www.epa.gov/safewater/lead) or call 800-426-4791

- Lead dissolves into water over time. The longer it sits in your pipes the more lead may accumulate, so it is especially important to flush your pipes first thing in the morning and when you get home after school or work. The CDC recommends running any tap water for 1-2 minutes before drinking or cooking if water has been off and sitting in the pipe for more than six hours.
- Always use cold water for drinking or cooking; lead dissolves much faster in hot water. Heat water using the stove or microwave.
- Lead is especially dangerous to children and pregnant women. It can cause many developmental, behavioral and health issues.
- You cannot see, smell or taste lead. Boiling water does not remove lead.
- Testing your water or hiring a plumber to inspect your pipes is the only way to detect it.
- A water filter can protect you from lead in drinking water; make sure it is certified to remove lead by NSF International. It is critical that you periodically replace the filter according to the instructions.



## ALL CHILDREN AGES 6 AND UNDER should have their blood tested for lead exposure.

The most common source of exposure in children is from lead paint. Lead paint was banned in 1978. If your house was built before then it likely has lead paint in it. Pay special attention to old cracked or peeling paint, especially around friction surfaces like windows and door frames.

## For a free home lead test kit, and other resources for lead paint

visit [Lead & Healthy Homes at www.snjpc.org](http://www.snjpc.org) or call 888-722-2903

