



## LEAD IN DRINKING WATER

Testing for Lead in Water

### Limit the Risk

Lead is rarely found in the public drinking water supply, and is most likely entering your water because of pipes and plumbing in your home.

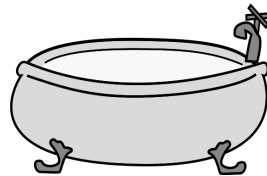
- Use only cold water for cooking and drinking
- Never use hot water from the tap for baby formula
- Boiling water DOES NOT remove lead. Boiling water may cause the lead to become more concentrated
- Use filtered or bottled water if possible
- If you use a water filter, make sure it is certified to remove lead and change filters often
- Replace home plumbing parts containing lead
- Make sure repairs to pipes do not use lead solder
- Make it a habit to run the water at each tap before use, especially in the morning
- Keep children from drinking water out of hoses, as vinyl in hoses may contain lead

### SOURCES OF LEAD IN WATER

#### Lead can enter your water through pipes

Lead pipes were commonly used until the 1940's. Lead solder was used in pipes until 1986. It is still found in the pipes of many older homes. In an old home with lead pipes and solder, this lead can get into your water and be ingested by you and your family.

Lead can enter water through home sources such as:



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

### TESTING

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

The only way to know if lead is in your water is to have it tested. If you want to test your home's water supply for lead, contact the NH Dept of Environmental Services Lab at (603)-271-3445. If your test is positive for lead, make sure to remove such sources of lead contamination immediately.

### WHAT YOU CAN DO

#### Flush your pipes

- When water is not used for 6-8 hours lead from the pipes and water tank can leach out into the water
- Make sure to let cold water run for at least 30 seconds to 1 minute before using water that has sat for a long time
- For hot water, let water run another 45 seconds after the water has heated up

#### Use a filtration system

- Filter drinking water using a faucet or pitcher filter
- Sediment filters do not remove lead



# LEAD POISONING



## LEAD IN DRINKING WATER

What does my test mean?

Here is some more information on what your test results mean and how you can treat your water.

Water Test Result	When to Retest	What can I do to help?
<b>&lt;5</b>	Retest annually from the time they crawl to 6 years based on risk	<ul style="list-style-type: none"> <li>• Talk to your child's doctor</li> <li>• Feed child foods high in Calcium, Iron &amp; Vitamin C</li> <li>• Wash hands frequently</li> <li>• Clean floor and window sills with disposable wipes or wet mop</li> <li>• Look out for "Take-Home" lead and other lead sources</li> </ul>
<b>5-9</b>	Retest in 3-6 months if under 3 years, otherwise retest based on risk	<p><b>Continue with above AND</b></p> <ul style="list-style-type: none"> <li>• Control known lead hazards</li> <li>• Keep up good nutrition (Calcium, Iron &amp; Vitamin C)</li> <li>• Consider testing other children in the home</li> </ul>
<b>10-19</b>	Confirm within 1 month	<p><b>Continue with above AND</b></p> <ul style="list-style-type: none"> <li>• Test siblings younger than 6 yrs</li> <li>• Ensure child has proper diet</li> <li>• Follow up by NH HHLPPP will provide education, case management, and environmental assessment</li> <li>• Consider developmental evaluation if elevated blood lead levels persist</li> </ul>
	Retest within 3 months if under 3 years, otherwise retest based on risk	
<b>20-44</b>	Confirm within 1 week	<p><b>Continue with above AND</b></p> <ul style="list-style-type: none"> <li>• Remove child from lead hazards</li> </ul>
	Retest every 1-2 months until <20 mcg/dL	
<b>45 -69</b>	Confirm within 48 hours	<p><b>Continue with above AND</b></p> <ul style="list-style-type: none"> <li>• Child needs immediate treatment and may need hospitalization</li> <li>• Chelation may be necessary</li> <li>• Ensure child returns to a lead safe environment</li> </ul>
	Seek immediate medical attention and test weekly afterwards	
<b>≥70</b>	Confirm IMMEDIATELY	<p><b>Continue with above AND</b></p> <ul style="list-style-type: none"> <li>• <b>TAKE CHILD TO HOSPITAL FOR TREATMENT!</b></li> </ul>
	Medical emergency, chelation treatment	