

STEPS TO REDUCE YOUR EXPOSURE TO LEAD

Be Mindful of Lead Sources

There are many exposures to lead in our environment. It can be found in lead-based paint, soil, household dust, food, and certain types of pottery and porcelain.

The Environmental Protection Agency (EPA) estimates the majority of a person's total exposure to lead comes from sources other than drinking water.

Lead-based paint is especially dangerous once it has peeled and broken down into paint chips and dust. Children have the highest risk for ingesting lead and may contact it in dirt, dust and paint chips. For this reason it is important to wash children's hands and toys often.

You may consider consulting your pediatrician to check your child's blood for lead

Testing Your Water for Lead

Contact us to find out how to get your water tested for lead. We can provide a list of labs certified to test lead in drinking water.

An average cost per test is \$30. Test results will give you an understanding of how much lead may dissolve in your water over a non-use period of 6 hours or more.

DO NOT BOIL WATER TO REMOVE LEAD

Boiling your water will not reduce or remove any lead

For More Information

For more information on reducing lead exposure around your home and the health effects of lead, visit the EPA's website at: www.epa.gov/lead, call the National Lead Information Center at **1-800-424-5323**, or call your health care provider.

Lewiston Water Division

Our mission as health and safety professionals is to provide uninterrupted service by delivering an adequate supply of safe water, at the highest quality possible for fire protection and all other uses by our customers at a reasonable cost.

Phone: 207-513-3003

Fax: 207-784-0376

Located at:

Lewiston Public Works

103 Adams Avenue

Is There Lead In My Drinking Water?



Lewiston Water Division

You Won't Find Lead...

- In our source of supply, Lake Auburn
- In the distribution pipes that carry water in the street to homes and businesses
- In any known service lines providing water from the water main into individual buildings

For Lewiston Water Division customers, the common source of lead in drinking water is

- Lead Solder used inside the building to join pipes
- Household fixtures, such as faucets, manufactured with some lead components

The use of lead solder was banned in the U.S. in 1986, but it is most likely present in older homes.

We treat our water to make it less corrosive, and reduce the potential for lead to leach from internal plumbing. Using or running the water on a regular basis further reduces the time that water is in long-term contact with the internal plumbing. Running your cold water for 2 to 3 minutes at each faucet that has been idle, before using for drinking or cooking, greatly reduces your exposure to lead.

Controlling the potential for lead to dissolve into drinking water has been part of water treatment at the Lewiston Water Division since before the Lead and Copper Rule regulations was in effect. Our efforts have included:

- Removal of lead components—such as service lines from the system
- Treatment of water to reduce corrosion of pipes
- Compliance with required testing beginning in 1992

The types of homes required to be tested are those known to have lead solder, so test results represent a “worst case scenario” of water that has been in contact with the household plumbing for 6 or more hours without use.

Testing results in 2014 found lead levels in Lewiston homes below the amount allowed. The Lewiston Water Division evaluated options for modifying our water treatment processes and implemented changes during the summer of 2016. Increased testing will be conducted in 2016 and in 2017 as required by regulation.

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

Replace Plumbing Fixtures

Faucets, fittings, and valves currently in your home may contain lead. Prior to January 2014, plumbing fixtures with up to 8% lead were legal in the U.S.

Since then, new plumbing fixtures sold in the U.S. are now required to have “not more than a weighted average of 0.25% lead.”

In place for more than 2 years, new products intended for contact with drinking water have the lowest possible lead content. **Replacing older plumbing fixtures with “LEAD FREE” products can further reduce the potential for lead exposure in your home.**

Flush and Use COLD Water

When the water has not been used for several hours, run the cold water tap for **2-3 minutes** before using it for drinking water or cooking. This will flush away any water containing lead.

Lead dissolves more easily in hot water, so use cold water from a flushed faucet to drink, cook or prepare baby formula.

