**Important Information about Lead and Copper in your Drinking Water**

\*\***Water System Name\*\* found elevated levels of lead and or copper in drinking water in some homes/ buildings. Elevated levels copper ingested over long periods of time 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.**

**Below is a summary table of the lead and copper results taken in the \*\*Water System Name\*\* distribution system during \*\* TIMEFRAME\*\*:**

((Insert table here… make sure to include results and a column for the Action Level so residents can compare the two. Point out that lead and /copper results vary depending on location, but list in order from low to high both sampling periods so residents can see the 90th percentile. Include a comment that residents at locations where exceedances occurred have been notified.))

**What is an action level?**

An action level is a threshold published by the Environmental Protection Agency (EPA) above which a public water system is required to take steps to ensure public health and educate consumers on how to reduce exposure.

**How is compliance determined?**

Compliance is determined on a 90th percentile basis. This means that if 90% or more of the samples collected during a compliance period test below the EPA’s action level than that system is deemed to be in compliance. Your individual result may be higher or lower than the 90th percentile result and does not reflect the system’s overall compliance to the lead and copper rule. In the event that your water system’s 90th percentile result does exceed the EPA’s action level you will be contacted within 48 hours of the exceedance.

**Health Effects of Lead and Copper:**

The EPA has established Maximum Contamination Level Goals (MCLG). These goals are set at levels at which no adverse health effects are likely to occur with a margin of safety.

|  |  |
| --- | --- |
| Contaminant | EPA Published Maximum Contamination Level Goal |
| Lead | 0 |
| Copper | 1.3 mg/L |

**Lead**

The EPA has set the maximum contaminant level goal for lead in drinking water at zero because lead is a toxic metal that can be harmful to human health even at low exposure levels. Lead is persistent, and it can bio-accumulate in the body over time.

Young children, infants, and fetuses are particularly vulnerable to lead because the physical and behavioral effects of lead occur at lower exposure levels in children than in adults. A dose of lead that would have little effect on an adult can have a significant effect on a child. In children, low levels of exposure have been linked to damage to the central and peripheral nervous system, learning disabilities, shorter stature, impaired hearing, and impaired formation and function of blood cells.

The Centers for Disease Control and Prevention (CDC) recommends that public health actions be initiated when the level of lead in a child’s blood is 5 micrograms per deciliter (µg/dL) or more.

Signs and symptoms of lead poisoning can be hard to detect. If you suspect a possible lead contamination please contact your health care provider and request a blood test.

**Copper**

Copper is a mineral and natural component in soils. In the correct amounts, it is an essential nutrient for humans and plants. Although copper is an important mineral, too much copper can cause health problems. The MCLG for copper is 1.3 mg/L. 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 disruption of liver and kidney functions. Individuals with Wilson’s or Menke’s diseases are at higher risk from copper exposure.

**How Do Lead and Copper Get into Drinking Water?**

Lead and copper are common metals found in the environment. The main sources of lead exposure are lead-based paint and lead-contaminated dust or soil, and some plumbing materials. EPA estimates that 10 to 20 percent of a person’s potential exposure to lead may come from drinking water. Infants who consume mostly formula mixed with lead-containing water can receive 40 to 60 percent of their exposure to lead from drinking water.

**How can I reduce exposure to lead copper in drinking water?**

* When your water has been sitting 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 cold water for drinking and cooking. Because hot water dissolves more copper than cold water, limit consumption of water from the hot water tap.
* Do not use the hot-water tap to make baby formula.
* Do not boil the water. Boiling water does not reduce lead or copper
* Test your drinking water for lead and copper (Call\*\*Water System Number\*\* for testing information)
* Identify and replace plumbing fixtures containing lead. Brass faucets, fittings, and valves, including those advertised as “lead-free,” may contribute lead to drinking water. Prior to 2014 laws allowed end-use brass fixtures, such as faucets, with up to 8% lead to be labeled as “lead free.” Visit the NSF Web site at www.nsf.org to learn more about lead-containing plumbing fixtures.
* Get your child’s blood tested. Contact your local health department or healthcare provider to find out how you can get your child tested for lead, if you are concerned about exposure.

**What is being done?**

\*\* Insert information about what happened and what your system is doing including timeframes for remediation steps\*\*

**For More Information:**

\*\* Give your systems contact information\*\*

Utah Department of Environmental Quality, Division of Drinking Water

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