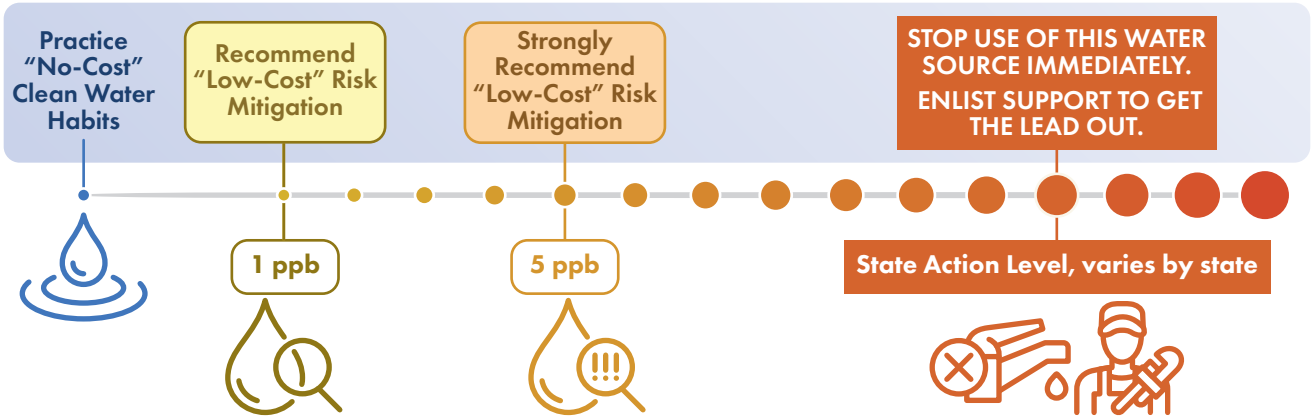
GET THE LEAD OUT

No-cost and low-cost solutions to eliminate lead at the tap in drinking and cooking water



The impact of early childhood exposure to lead lasts a lifetime. No level of lead exposure is considered safe for children—even small amounts cause reduced IQ, attention difficulties, and underperformance in school. We recommend these no-cost and low-cost methods to remove lead from your drinking and cooking water and to improve children's health.

Recommendations based on lead level

At any level, Practice Clean Water Habits

We always recommend that you practice these clean water habits to reduce the chance of lead in your water:

- **Use only cold water for drinking and cooking**. Don't use hot water, even if you're going to boil it or warm formula. Hot tap water can leach lead from your plumbing into your water.
- **Flush water at all taps regularly** to clear out standing water with fresh water. When water is not used, lead from the pipes and fixtures it is sitting in can get into your water. If your building has been unused for:
  - Prolonged closures (e.g., COVID, summer break): flush water at every tap for 15 minutes or more. For large buildings, only flush one floor or wing at a time, starting at the top level. Flush faucets first, then move to fountains.
  - Holidays: flush water for 3 to 5 minutes at every tap.
  - Daily/weekends: flush water for 1 to 2 minutes at each tap. Learn more about flushing from the EPA 3Ts flushing guidance.
- **Designate "one clean tap"** for drinking and cooking purposes. Choose a tap that has been tested and showed no detectable lead.
- **Contact a plumber** promptly if you have decreased tap flow.
- **Follow public health guidelines for periodic water testing**.

At or above 1 ppb

The American Academy of Pediatrics recommends that lead in water not exceed 1 ppb. To remove the lead, we recommend the following **low-cost solutions**:

- Practice clean water habits (see above) **PLUS**:
- **Install and maintain a water filter certified to remove lead**. https://www.rti.org/brochures/water-filters-certified-remove-lead-drinking-water-and-cooking-water-clean-water-carolina.
- **Replace your faucet fixture** with a new lead-free one.

At or above 5 ppb

To remove the lead, we strongly recommend the following **low-cost solutions**:

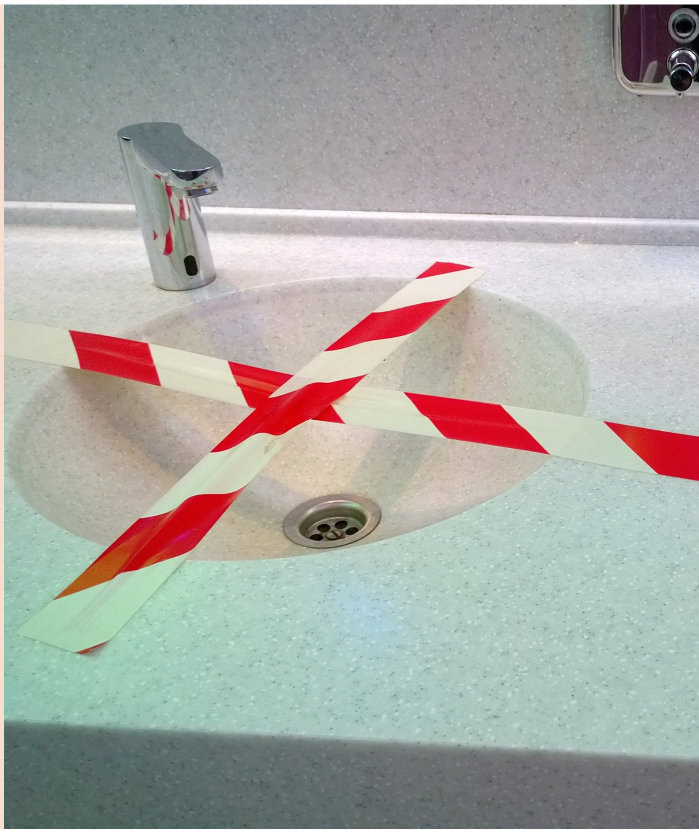
- Practice clean water habits (see above) **PLUS**:
- **Install and maintain a water filter certified to remove lead**. https://www.rti.org/brochures/water-filters-certified-remove-lead-drinking-water-and-cooking-water-clean-water-carolina.
- **Replace your faucet fixture** with a new lead-free one.

At or above State Action Level

If one of your taps is at or exceeds this level, place a **"Do not use"** sign and tape over the tap to ensure that nobody uses it. Next:

- **Contact your local or state health department**, water utility, or other relevant program to provide follow-up support.
- **Check for lead service lines, lead-lined water fountains, clogs, or other potential sources of lead, with the help of a plumber.** In some cases, you may need to replace lead service lines or remove an old water fountain. Note: Lead service line replacement can be costly—check with your local health department and utilities to see if there is any funding support.
- **Use water from another lead-free tap or purchase bottled water** while finding and fixing the problem.
- **Low-cost solutions may still be effective.** Install and maintain a water filter that is certified to remove lead and replace the faucet fixture with a lead-free one.

After actions are taken to remove lead, it is important to retest the water to make sure the actions are effective.



Thank you for your efforts to remove lead in drinking and cooking water to protect children's health. For more information on our program, how to test your water for lead using our program, what your results mean, and what you can to do reduce the amount of lead in your drinking and cooking water, go to www.cleanwaterforUSkids.org.

RTI INTERNATIONAL