

Easy steps to reduce possible exposure to lead from household plumbing



Run your water to flush the lead out.

If the water has not been used for several hours, run each tap for 30 seconds to 2 minutes or until it becomes colder before drinking or cooking. This flushes water which may contain lead from the pipes.



Use cold, fresh water for cooking and preparing baby formula.

Do not cook with or drink water from the hot water tap; lead dissolves more easily into hot water. Do not use water from the hot water tap to make baby formula.



Do not boil water to remove lead.

Boiling water will not reduce lead.



Test your child for lead. Ask your physician or call the LeadLine to find out how to have your child tested for lead. A blood lead level test is the only way to know if your child is being exposed to lead.



Test your water for lead.

Contact the LeadLine at www.leadline.org or 503-988-4000 to find out how to get a FREE lead-in-water test.



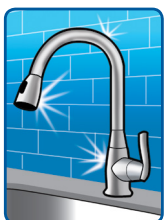
Consider using a filter.

Check whether it reduces lead — not all filters do. Be sure to maintain and replace a filter device in accordance with the manufacturer's instructions to protect water quality. Contact NSF International at 800-NSF-8010 or www.nsf.org for information on performance standards for water filters.



Regularly clean your faucet aerator.

Particles containing lead from solder or household plumbing can become trapped in your faucet aerator. Regular cleaning every few months will remove these particles and reduce your exposure to lead.



Consider buying low-lead fixtures.

As of January 2014, all pipes, fittings and fixtures are required to contain less than 0.25% lead. When buying new fixtures, consumers should seek out those with the lowest lead content.