

## Health Effects of Lead

*There is no safe level of lead in drinking water. Exposure to lead in drinking water can cause serious health effects in all age groups, especially pregnant people, infants (both formula-fed and breastfed), and young children. Some of the health effects to infants and children include decreases in IQ and attention span. Lead exposure can also result in new or worsened learning and behavior problems. The children of persons who are exposed to lead before or during pregnancy may be at increased risk of these harmful health effects. Adults have increased risks of heart disease, high blood pressure, kidney or nervous system problems. Contact your health care provider for more information about your risks.*

## Sources of Lead

Lead is a common metal found in the environment. Common sources of lead exposure are lead-based paint, household dust, soil, and some plumbing materials and fixtures. Lead can also be found in other household items such as pottery, makeup, toys, and even food. Lead paint was outlawed in 1978, but dust from homes that still have lead paint is the most common source of exposure to lead. Therefore, make sure to wash your children's hands and toys often as they can come into contact with dirt and dust containing lead.

To reduce exposure to lead in drinking water:

- **Run your water to flush out lead.** Lead levels increase over time as water sits in lead-containing plumbing materials. Before drinking or cooking with your water after it has sat overnight or longer, flush your home's pipes by running water through the kitchen faucet, taking a shower, or doing any other non-consumptive water usage. Run the water for at least 1 minute or until after it turns cold. The amount of time to run the water will depend on whether your home has a lead service line or not, as well as the length and diameter of the service line and the amount of plumbing in your home.
- **Use only cold, fresh water for drinking, cooking, and preparing baby formula.** Run the water for at least 1 minute or until after it turns cold.
- **Do not boil water to remove lead.** Boiling water does not remove lead.
- **Clean your aerator.** Regularly clean your faucet's screen (also known as an aerator). Sediment, debris, and lead particles can collect in your aerator. Lead particles can release lead into your water. See how to clean your aerator at [important-resources-for-safe-drinking-water.pdf \(epa.gov\)](#).
- **Use your filter properly, if you use a filter.** Filters can reduce lead in drinking water. Make sure it is certified by NSF to remove lead- it will say so on the package. Follow directions to properly install, use, and replace your filter. Do not run hot water through the filter. For more information, and which certifications to look for, visit EPA's website at <https://www.epa.gov/water-research/consumer-tool-identifying-point-use-and-pitcher-filters-certified-reduce-lead>.
- **Identify and replace plumbing fixtures** containing lead and any copper piping with lead solder.
- **Have your child's blood tested for lead.** Children are a higher risk group of the health effects of lead. If you would like to have your child tested, you may contact your health care provider, or the DPH Childhood Lead Poisoning Prevention Program here: (800) 532-9571 or <https://www.mass.gov/orgs/childhood-lead-poisoning-prevention-program>
- **Have your water tested for lead. You cannot see, taste or smell lead in drinking water.** Contact our system for more information about lead in your drinking water and how to get your water tested by a state certified laboratory. See the list of labs here: [Certified Laboratory Search Results \(https://www.mass.gov/how-to/find-a-certified-laboratory-for-water-testing\)](#).

For MassDEP information on Lead in Drinking Water see <https://www.mass.gov/lead-in-drinking-water>