

LEAD IN DRINKING WATER - PUBLIC EDUCATION

IMPORTANT INFORMATION ABOUT LEAD IN YOUR DRINKING WATER.

Skamania School found elevated levels of lead in drinking water in some buildings/locations in our water system. Lead 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.

Health Effects of Lead

Lead can cause serious health problems if too much enters your body from drinking water or other sources. It can cause damage to the brain and kidneys, and can interfere with the production of red blood cells that carry oxygen to all parts of your body. The greatest risk of lead exposure is to infants, young children, and pregnant women. During pregnancy, the child receives lead from the mother's bones, which may affect brain development. Scientists have linked the effects of lead on the brain with lowered IQ in children. Adults with kidney problems and high blood pressure can be affected by low levels of lead more than healthy adults. Lead is stored in the bones, and it can be released later in life.

How Lead Gets Into Water

Lead in drinking water most often comes from water distribution lines or household plumbing rather than from the water system source. Plumbing sources can include lead pipes, lead solder, faucets, valves, and other components made of brass. Lead from other sources (such as lead-based paint and contaminated dust or soil) can increase a person's overall exposure, which adds to the effects of lead consumed in drinking water.

How you can reduce exposure:

- When your water has been sitting for 6 hours or more, flush water through the pipe by running the cold-water tap until the water is noticeably colder* before using for drinking or cooking. **The longer water has been sitting in the pipes, the more dissolved metals it may contain.**
- Use only cold water for drinking, cooking, and making baby formula. Hot water may contain higher levels of lead. Boiling water can increase the level of lead in the water.

* You can use the flushed water for watering plants, washing dishes, or general cleaning.

For more information, call us at (509) 427-8239, or visit our Web site at <http://skamaniaschooldistrict.org/>. For more information on reducing lead exposure and the health effects of lead, visit EPA's Web site at <http://www.epa.gov/lead> or contact your health care provider.

If you need this information in an alternate language, please call (509)427-8239 to request a translated copy of this notice.

Information on lead in drinking water is available from EPA's Safe Drinking Water Hotline at 1-800-426-4791 or online: <http://www.epa.gov/safewater/lead>

You may also access Washington State Department of Health's Office of Drinking Water website at <http://www.doh.wa.gov/ehp/DW/default.htm>.