

LEAD IN DRINKING WATER

Important Information of Lead Health Effects and How to Protect Your Health

HEALTH EFFECTS OF LEAD: Lead is a common metal found throughout the environment in lead-based paint, air, soil, household dust, food, certain types of pottery, porcelain and pewter, and water. Lead can pose a significant risk to your health if too much of it enters your body. Lead builds up in the body over many years and can cause damage to the brain, red blood cells and kidneys. The greatest risk is to young children and pregnant women. Amounts of lead that won't hurt adults can slow down normal mental and physical development of growing bodies. In addition, a child at play often comes into contact with sources of lead contamination, such as dirt and dust that rarely affect an adult. It is important to wash children's hands and toys often and to try to make sure they only put food in their mouths.

SOURCE OF LEAD: The primary sources of lead exposure for most children are deteriorating lead-based paint, lead-contaminated dust, and lead-contaminated residential soil. Exposure to lead is a significant health concern, especially for young children and infants whose growing bodies tend to absorb more lead than the average adult. If you are concerned about lead exposure, parents should ask their health care providers about testing children for high levels of lead in the blood.

Lead in drinking water, although rarely the sole cause of lead poisoning, can significantly increase a person's total lead exposure, particularly the exposure of infants who drink baby formulas and concentrated juices that are mixed with water. The U.S. EPA estimates that drinking water can make up 20 percent or more of a person's total exposure to lead. Lead is unusual among drinking water contaminants in that it seldom occurs naturally in water supplies like rivers and lakes. Lead enters drinking water primarily as a result of the corrosion, or wearing away, of materials containing lead in the water distribution system and household plumbing.

When water stands in lead pipes or plumbing systems containing lead for several hours or more, the lead may dissolve into your drinking water. This means the first water drawn from the tap in the morning, or later in the afternoon after returning from work or school, can contain fairly high levels of lead.

STEPS YOU CAN TAKE TO REDUCE EXPOSURE TO LEAD IN DRINKING WATER: If a water test indicates that the drinking water drawn from a tap contains lead above 0.015 mg/L, then you should take the following precautions:

- 1. Run your water to flush out lead.** Let the water run from the cold water tap for 15 to 30 seconds before using it for drinking or cooking any time the water in a faucet has gone unused for more than six hours. The longer water resides in the plumbing the more lead it may contain. Flushing tap water is a simple and inexpensive measure you can take to

Dear water consumers,

This letter is to report the lead results from the samples collected at Cinnabar School at our monitoring locations on 08/01/24. The reported lead results are shown on the following table:

Sampling Location	Lead Result (mg/L)
Adult Restroom	<.005
Office	<.005
Staff Room	<.005
Student Restroom	<.005
Water Fountain	<.005

The 90th percentile lead sample result is <.005 milligrams per liter (mg/L).

What Does This Mean?

Under the authority of the Safe Drinking Water Act, the U.S. Environmental Protection Agency (EPA) and State of California set the Action Level for lead at 0.015 mg/L. This means utilities must ensure that water from the customer's tap does not exceed this level in at least 90 percent of the homes sampled (90th percentile). The Action Level is the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

The U.S. EPA also set a maximum contaminant level goal (MCLG) for lead of zero. The MCLG is the level of lead in drinking water below which there is no known or expected risk to health.

This consumer notification information is for the occupants of the residence where the lead samples were collected. Some individual homes may have high lead concentrations while the 90th percentile for the entire water system is below the Action Level. These individual high levels may be due to conditions unique to the individual home, such as the presence of lead solder, brass and chrome plated brass faucets, and lead pipes that connect your house to the water main (service lines). If your reported lead result exceeds the Action Level of 0.015 mg/L, we strongly urge you to review the enclosed information and take the steps listed to reduce your exposure to lead in drinking water.

protect your health. To conserve water, fill a couple of bottles for drinking water after flushing the tap and, whenever possible, use the first flush water to wash the dishes or water the plants.

2. Use cold water for cooking. Try not to cook with, prepare baby formula with, or drink water from the hot water tap. Hot water can dissolve lead more quickly than cold water. If you need hot water, draw water from the cold tap and heat it on the stove.

3. Check your plumbing and fixtures. Remove loose lead solder and debris from the plumbing materials installed in newly constructed homes, or homes in which the plumbing has recently been replaced, by removing the faucet strainers from all taps and running the water from 3 to 5 minutes. If your water pipe is made of lead or joined with lead solder that has been installed illegally since it was banned in 1986, you should notify the California Department of Public Health and your local environmental health department about the violation and have a licensed plumber to replace it with lead-free material. Lead solder looks dull gray, and when scratched with a key looks shiny. The public water system that delivers water to your home should also maintain records of the materials located in the distribution system.

4. Check your wiring. If grounding wires from the electrical system are attached to your pipes, the chance of corrosion may be greater. Check with a licensed electrician or your local electrical code to determine if your wiring can be grounded elsewhere. DO NOT attempt to change the wiring yourself because improper grounding can cause electrical shock and fire hazards.

5. Do not boil water to remove lead. Boiling water will not reduce lead.

6. Look for alternative sources or treatment of water. You can purchase bottled water for drinking and cooking, or purchase or lease a treatment device. All of the devices require periodic maintenance and replacement. Be sure to check the actual performance of a specific treatment device before and after installing the unit. Only devices certified by the California Water Resources Control Board should be used for this purpose.

FOR MORE INFORMATION

You can also consult a variety of sources for additional information. Your family doctor or pediatrician can perform a blood test for lead and provide you with information about the health effects of lead. You may find more information about lead by visiting U.S. EPA website at <http://www.epa.gov/lead/>, call the National Lead Information Center at 1-800-424-LEAD, or contact your local government agencies for additional information:

LOCAL AGENCY	PHONE NUMBER
Lake County Environmental Health	(707) 263-1164
Marin County Human and Health Services	(415) 473-3078
Mendocino County Health and Human Services	(707) 463-4466
Napa County Health and Human Services	(707) 253-4270
Sonoma County Health Services	(707) 565-6565

