

INFORMATION ON LEAD

Steps You Can Take to Reduce Your Exposure To Lead In Your Water

1. Run your water to flush out lead. Run water for 15-30 seconds (or insert a different flushing time if your system has representative data indicating a different flushing time would better reduce lead exposure in your community. The State must approve the wording) or until it becomes cold or reaches a steady temperature before using it for drinking or cooking, if it hasn't been used for several hours. This flushes lead -containing water from the pipes.
2. Use cold 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.
3. Do not boil water to remove lead. Boiling water will not reduce lead.
4. Replace your plumbing fixtures if they are found to contain lead. Plumbing materials , including pipes, new brass faucets, fittings and valves, including those advertised as "lead-free" may contribute lead to drinking water. The law currently allows end-use brass fixtures, such as faucets, with up to 8% lead to be labeled as "lead free". Visit the National Sanitation Foundation Web site at: www.nsf.org/Certified/Lead_content/ to learn more about lead-containing plumbing fixtures.
5. Use bottled water or use a water filter. If your home is served by a lead service line, and/or if lead containing plumbing materials are found to be in your home, you may want to consider purchasing bottled water or a water filter. Read the package to be sure the filter is approved to reduce lead or contact NSF International at 800-NSF-8010 or www.nsf.org/Certified/Lead_content/ for information on performance standards for water filters. Be sure to maintain and replace a filter device in accordance with the manufacturer's instructions to protect water quality. Any measure you take to reduce your exposure to lead should be continued until the lead source(s) has been minimized or eliminated.

What Are The 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. 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. During pregnancy, the child receives lead from the mother's bones, which may affect brain development.

What Are The Sources of Lead

Lead is a common metal found in the environment. Drinking water is one possible source of lead exposure. The primary source of lead exposure for most children is lead-based paint. Other sources of lead exposure include lead-contaminated dust or soil, and some plumbing materials. In addition, lead can be found in a number of consumer products, including certain types of pottery, pewter, brass fixtures, food, and cosmetics. Other sources include exposure in the work place (jobs that include house painting, plumbing, renovation, construction, auto repair, welding, electronics repair, jewelry or pottery repair) and exposure from certain hobbies (such as stained glass or pottery, fishing, making or shooting firearms and collecting lead or pewter figurines), as lead can be carried on clothing and shoes. Children's hands or their toys can come into contact with lead paint, dust and soil. Therefore, washing children's hands and their toys will help reduce the potential for lead exposure from these sources.

SHOULD your child be tested for lead?

New York Public Health Law requires primary health care providers to screen each child for blood lead levels at one and two years of age as part of routine well child care. In addition, at each routine well child visit, or at least annually if a child has not had routine well child visits, primary health care providers assess each child who is at least six-months of age, but under six years of age, for high lead exposure. Each child found to be at risk for high lead exposure is screened or referred for lead exposure.

If your child has not had routine well child visits (since the age of one year) and you are concerned about lead exposure to your child, contact your local health department for health provider to find out how you can get your child tested for lead.

FOR MORE INFORMATION

Call us at (845) 294-5991 or visit our Web site at www.villageofgoshen-ny.gov. For more information on lead in drinking water, contact your local health department at Orange County Dept. of Health at (845) 291-2331. or the New York State Dept. of Health directly by calling the toll-free number (within New York State) 1-800-458-1158, extension 27650, or out of state at (518) 402-7650, or by email at bpwsp@health.state.ny.us. For more information on reducing lead exposure around your home/building and the health effects of lead, visit EPA's Web site at www.epa.gov/lead, or call the National Lead Information Center at 1-800-424-LEAD.