


## HOW CAN I REDUCE LEAD IN MY DRINKING WATER?

The water that leaves the Regional Water Authority (RWA) water treatment plants and travels through water mains to homes or businesses has no lead in it. But as water sits in the plumbing systems, small amounts of lead from lead pipes or lead solder used to join copper pipes can dissolve into the water. Lead service lines, the pipes that connect your house to the water main in the street, are the largest source of lead in contact with drinking water. 

Exposure to lead in drinking water can cause serious health effects in all age groups. Infants and children can have decreases in IQ and attention span. Lead exposure can lead to new learning and behavior problems or exacerbate existing learning and behavior problems. The children of women who are exposed to lead before or during pregnancy can have increased risk of these adverse health effects. Adults can have increased risks of heart disease, high blood pressure, kidney or nervous system problems.

### Steps to Reduce Lead in Your Drinking Water After Service Line Replacement:



#### Run cold water to flush out lead.

The longer the water stays in the plumbing, the more lead it may have. If the water in the faucet has been sitting for more than 6 hours, run water for 3 to 5 minutes before using it. Showering and flushing the toilet also help clear out your water line.




#### Replace your home's internal plumbing that may have lead.

Potential lead sources include lead pipes, lead-based solder, and brass fixtures and valves (including faucets).




#### Test your water for lead.

If requested, the RWA will send a sampling kit between 3 and 6 months after replacement. Call customer service at **833-RWA-LEAD** to request a sample. 



#### Test your child's blood for lead.

Your local doctor or pediatrician can perform a blood test for lead and provide you with information about the health effects of lead. To learn more, including where you can have your child's blood tested, call Connecticut Lead Poisoning Prevention and Control Program at **860-509-7299**. 



#### Use cold water for cooking, drinking, and making baby formula.

Lead dissolves into hot water more easily than cold water. If you need hot water, draw cold water and then heat it. Although lead dissolves in hot water, the skin cannot absorb it, so it is safe to shower, bathe, wash dishes, and do laundry. Boiling water does NOT reduce lead.



#### Remove and clean faucet aerators.

Once a month for 6 months, remove and clean aerators at the tip of faucets to remove build up.

1. Remove the faucet aerators from all taps. For newer fixtures, an aerator wrench can help with this.
2. Soak the parts in white vinegar for a few minutes and scrub with a brush.
3. Rinse the faucet aerators.
4. Run the water without aerators for 3 to 5 minutes.
5. Put faucet aerators back in place.



#### Use filters.

Use the pitcher filter provided to you after replacement. That filter is approved to reduce lead (NSF/ANSI 53-certified). Visit <https://tinyurl.com/pitcherfilters> to learn more about water filters.

### For more information

 Call us at **833-RWA-LEAD (792-5323)**

 Visit [www.tinyurl.com/RWA-Lead](https://www.tinyurl.com/RWA-Lead)

For more information on reducing lead exposure around your home/building and the health effects of lead, visit the U.S. Environmental Protection Agency's website at [www.epa.gov/lead](https://www.epa.gov/lead) or contact your health care provider.

# Timeline After Service Line Replacement

## After a New Service Line is Installed

- Complete the whole building flushing process.
- Clean faucet aerators.



## For 3 Months After Installation

- Perform whole building flushing every other week.
- Perform 5-minute daily flushing.
- Use a pitcher filter.
- Clean aerators.



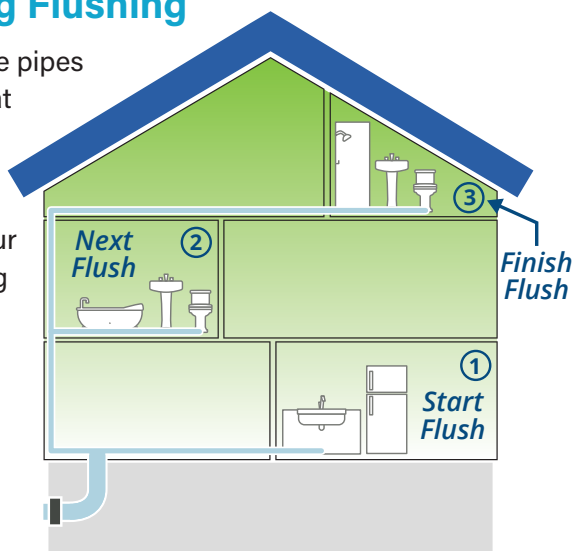
## For 6 Months After Installation

- Continue 5-minute daily flushing.
- Use a pitcher filter.
- Clean faucet aerators.

## Whole Building Flushing

Run water through the pipes to push out debris that might have lead.

1. Find all faucets on all floors of your building, including the basement.
2. Ensure all drains are clear before starting a whole house flush.
3. Remove aerators, when possible, from all faucets you plan to flush. Include laundry tubs, hose-bibs, bathtubs, and showers as flushing points. For newer fixtures, consider purchasing an aerator wrench to unscrew aerators easily.
4. Open the faucets in the **lowest floor** of the building. Run **cold water** through faucets at the highest rate possible.
5. Open faucets on the next highest floor of the building.
6. Continue until faucets are open on all floors.
7. Leave the water running through all faucets for at least 30 minutes.
8. After 30 minutes, turn off all faucets in the same order you turned them on.
9. Clean aerators at each faucet. Install new aerators if the existing ones are too old or worn.
10. Perform a 30-minute flush every other week for 3 months.



## 5-Minute Daily Flushing

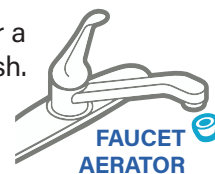
Continue smaller-scale daily flushes for at least 6 months after your lead service line is disturbed.

- Flush water through your plumbing for 3-5 minutes each morning (or after 6 hours of no water usage) before using for drinking or cooking, making infant formula, or brushing teeth.
- Remember that flushing includes taking showers, washing clothes or dishes, or collecting water for gardening.

## Cleaning Your Aerators

The aerator is usually at the tip of the faucet and can be screwed off to clean.

1. Remove faucet aerators from all taps. For newer fixtures, an aerator wrench can help with this.
2. Soak the parts in white vinegar for a few minutes and scrub with a brush.
3. Rinse the faucet aerators.
4. Run the water without faucet aerators for 3 to 5 minutes.
5. Put the faucet aerators back in place.
6. Complete these steps once a month for 6 months. After 6 months, clean debris twice a year.



## Using A Pitcher Filter

- Use the NSF/ANSI-53 certified pitcher filter and cartridges the RWA or the contractor will provide for **6 months** after service line replacement.
- Follow the manufacturer's instructions included with your filter packaging to know when and how to change the filter cartridge.

## LEARN MORE

Visit [www.tinyurl.com/RWA-Lead](http://www.tinyurl.com/RWA-Lead)

Call 833-RWA-LEAD (833-792-5323)

