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### Lead and Cooper Testing

The City of Lake Alfred is pleased to announce that the samples we tested for Lead and Copper are below the Maximum Contaminant Levels.

If you have any questions, please contact the Public Works Department at 863-298-5458.

The information listed below is provided to help you better understand unfamiliar abbreviations that are commonly used in the Potable Water Reports.

**Maximum Contaminant Level or MCL:** The highest level of contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

**Maximum Contaminant Level Goal or MCLG:** The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

**Action Level OR AL:** The concentration of the contaminant which, if exceeded, triggers treatment or other requirements that the water system must follow.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The City of Lake Alfred is responsible for providing high-quality drinking water but cannot control the variety of materials used in plumbing components. When your tap has been set for several hours, you can minimize the potential lead exposure by flushing your tap for 30 seconds to 2 minutes before using the water for drinking or cooking. If you are concerned about the lead in your water, you can have your water tested. Information on Lead in drinking water, tested methods, and steps you can take to minimize exposure is available for the Safe Drinking Hotline or at <http://www.epa.gov/safewater/lead>.

Kendon Daniels  
Public Works Superintendent  
863-298-5458

## **What Does This Mean?**

Under the authority of the Safe Drinking Water Act, the U.S. Environmental Protection Agency (EPA) set the action level for lead in drinking water at 15 ppb. This means utilities must ensure that water from the taps used for human consumption does not exceed this level in at least 90 percent of the sites sampled (90<sup>th</sup> percentile value). The action level is the concentration of a contaminant which, if exceeded, triggers treatment or other requirements that a water system must follow. If water from the tap does exceed this limit, then the utility must take certain steps to correct the problem. Because lead may pose serious health risks, the EPA set a Maximum Contaminant Level Goal (MCLG) of zero for lead. The MCLG is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

## **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 main sources of lead exposure are lead-based paint and lead-contaminated dust or soil, and some plumbing materials. In addition, lead can be found in certain types of pottery, pewter, brass fixtures, food, and cosmetics. Other sources include exposure in the

workplace from certain hobbies (lead can be carried on clothing or shoes). Lead is found in some toys, some playground equipment, and some children's metal jewelry.

Brass faucets, fittings, and valves, including those advertised as "lead-free", may contribute lead to drinking water. The law currently establishes the definition of "lead-free" as the weighted average of 0.25% lead calculated across the wetted surfaces of a pipe, pipe fitting, plumbing fitting, and fixture and 0.2% lead for solder and flux. NSF International certifies plumbing products; consumers may wish to visit their website at [www.nsf.org](http://www.nsf.org) or call 800-NSF-MARK for information when choosing plumbing.

When water is in contact for several hours with pipes [or service lines] or plumbing that contains lead, the lead may enter the drinking water. Homes built before 1986 are more likely to have plumbing containing lead. New homes may also have lead; even "lead-free" plumbing may contain some lead.

EPA estimates that 10 to 20 percent of a person's potential exposure to lead may come from drinking water. Infants who consume mostly formula mixed with lead-containing water can receive 40 to 60 percent of their exposure to lead from drinking water.

Lead is not only found in drinking water; other sources of lead include paint, dust, and soil. Wash your children's hands and toys often, as they can come into contact with dirt and dust containing lead.

### **What Can I Do to Reduce Exposure to Lead in Drinking Water?**

**Run your water to flush out lead.** If water has not been used in several hours, run water for 15-30 seconds or until it becomes cold or reaches a steady temperature before using it for drinking or cooking. This flushes lead-containing water from the pipes.

**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.

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

**Test your water for lead.** If you think you may have elevated lead levels in your home drinking water, have it tested. Call the Safe Drinking Water Hotline at 800-426-4791 for more information.

**Get your child's blood tested.** If you are concerned about exposure to lead in your home, contact your local health department or healthcare provider to find out how you can get your child tested.

### **For More Information**

For more information on reducing lead exposure around your home/building and the health effects of lead, visit the United States Environmental Protection Agency's website at [www.epa.gov/lead](http://www.epa.gov/lead), visit the Florida Department of Environmental Protection's lead in drinking water website at <https://floridadep.gov/water/source-drinking-water/content/monitoring-lead-and-copper-florida-drinking-water>, call the National Lead Information Center at 800-424-LEAD, or contact your health care provider.

**Public Water System Name and State Water System ID:**

**Distribution Date of Notice:**