

## 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.

## Where Can I Get Health Screenings and Testing of Blood Lead Levels?

*"Health Screenings are available through Warren County Health District at 416 South East St Lebanon Ohio 45036 . They can be contacted at 513-695-1228 and warrenchd.com"*

## What Can I Do to Reduce Exposure to Lead if Found in My Drinking Water?

- **Run your water to flush out lead.** If water has not been used for several hours, run water for thirty seconds to two minutes before using it for drinking or cooking. This helps flush any lead in the water that may have leached from the plumbing.
- **Use cold water for cooking and preparing baby formula.** Do not cook with, drink water, or make baby formula from the hot water tap. Lead dissolves more easily in hot water.
- **Do not boil water to remove lead.** Boiling water will not reduce lead.

## What are the Sources of 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 corrosion, or wearing away, of materials containing lead in the plumbing. Buildings built prior to 1986 are more likely to have lead pipes, fixtures, and solder. New buildings can also be at risk, since even legally 'lead-free' plumbing may contain up to 8 percent lead. The most common problem is with brass or chrome-plated brass fixtures which can leach significant amounts of lead into water, especially hot water.

**For More Information, Please Contact:** James Branson 937-746-0710 Ext.525 visit US EPA's Web site at [www.epa.gov/lead](http://www.epa.gov/lead); call the National Lead Information Center at 800-424-LEAD; or contact your health care provider.

Revised 9/1/2016