NHDES-W-03-041

Lead Public Education Notice

IMPORTANT INFORMATION ABOUT LEAD IN YOUR DRINKING WATER.

Community Water System ***HILL WATER WORKS*** *found elevated levels of lead in drinking water in some homes/buildings. Lead can cause serious health problems, especially for pregnant women and young children. Please read this information closely to see what you can do to reduce lead in your drinking water.*

NH Get the Lead Out of Drinking Water

HEALTH EFFECTS OF LEAD

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.

SOURCES OF LEAD

Lead is a heavy, soft, gray, metallic element that is easily bent and shaped. Because of these qualities, lead was widely used in plumbing from service lines to kitchen and bathroom fixtures. Lead is found throughout the environment in lead-based paint, air, soil, household dust, certain spices, some types of pottery, porcelain and pewter, and water. Ingestion or inhalation of lead poses a significant health risk, especially to children and pregnant women. Lead builds up in the body and causes damage to the brain, red blood cells, and kidneys. Even low levels of lead can slow the mental and physical development of children. Very small children are easily exposed to lead dust, paint chips, or contaminated soil in your home or in the playground. Lead enters drinking water as a result of the corrosion, or wearing away of materials containing lead in the water distribution piping and household plumbing. These materials include lead-based solder used to join copper pipe through 1986, leaded brass and chrome-plated brass faucets available until January 4, 2014, and in some cases, lead gooseneck connectors and service lines used through the 1950s to connect your house to the water main.

Brass faucets, fittings and valves, including those advertised as “lead-free,” may contribute lead to drinking water. The law currently allows pipes, fittings, and fixtures with up to 0.25% weighted average of lead to be identified as “lead-free.” Lead in drinking water, although rarely the sole cause of lead poisoning, can significantly increase total lead exposure, particularly for infants who drink baby formula and concentrated juices mixed with water. The EPA estimates that drinking water can make up 20% or more of an infant’s total exposure to lead. **THERE IS NO SAFE LEVEL OF LEAD.**

IMPORTANT PRECAUTIONS TO REDUCE EXPOSURE TO LEAD IN DRINKING WATER

Despite our best efforts to control water corrosivity and remove lead from the water supply, lead levels in some homes or buildings can be high. Steps you can take to protect your family include the following:

- **Flush your tap every morning or after extended periods of non-use for 30 seconds or until the water runs cold.** The longer the water resides in your home’s plumbing, the more lead it may contain. Flushing the tap ensures that you use fresh water that has not been in contact with lead in your plumbing.
- **Use cold water only for cooking, drinking, and preparing baby formula.** Do not cook with or drink water from the hot water tap as hot water leaches lead more quickly. If you need hot water, draw water from the cold-water tap and heat it. Keep in mind that boiling water does not reduce lead levels in the water.
- **Test your tap water**. Contact a state-accredited laboratory from the link immediately below to order a water sample bottle. Lead has no color, smell, or odor so the only way to know if you have lead is to test. **NH Accredited Laboratories for Lead Testing.**

ADDITIONAL STEPS YOU CAN TAKE

The above steps will help to reduce the lead concentrations in your drinking water. However, if a water test indicates that the drinking water from your home has lead levels of **5 ppb** or higher, additional measures to take may include:

- **Install a new faucet.** Any faucet purchased after January 4, 2014, is required to have no more than 0.25% lead content, down from 8% prior to 2014. After you perform any plumbing work in your home, all faucets must be flushed for 1 to 2 hours to dislodge any particulate lead disturbed by the work and retested to verify that levels have been reduced.
- **Check if you have a Lead or Galvanized Steel Service Line.** If your home and water service connection were built before 1989, find and examine the pipe where the water enters your home. Use a coin or key to scratch the pipe, then place a magnet on it. If the pipe is shiny and does NOT attract the magnet, IT IS LIKELY LEAD. If it is dull grey and magnetic, IT IS GALVANIZED STEEL and was likely installed with a Lead Gooseneck Connector. Call your water supplier and ask for help to have your full-service line replaced as soon as practical. Partial service line replacement is not acceptable as it causes a temporary spike in lead levels. Until the line is replaced, install a lead-certified filter, always flush your tap before collecting water for consumption, and use only COLD water for cooking and drinking.
- **Purchase bottled water for all drinking and cooking until lead sources are addressed.** Bathing and showering is fine as long as no water is swallowed.
- **Install a point of use lead filter certified under NSF 53 – Health Effects.** Follow manufacturer's instructions for installation and filter replacement, and test before and after the filter until all lead sources have been removed. Point of use devices are limited in that each unit treats only the water that flows from the faucet to which it is connected, and all require periodic maintenance and replacement.

NSF
National Sanitation Foundation
Certified Products

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. New Hampshire is a universal testing state where all infants must be tested for lead TWICE, at 1 year old and again at 2 years old. Both tests are critically important to identify and prevent lead exposure to infants.

RESOURCES

NH Health and Human Services Healthy Homes
https://www.dhhs.nh.gov/dphs/bchs/clpp/

NHDES Application to Identify Lead Pipes - https://docs.google.com/forms/d/e/1FAIpQLSeB7xcJ4E4ZmuJDsmLzcxwETN6ADbYO_c5j2h4DLuzBJWyqgA/viewform

PROTECT YOUR TAP
10-minute lead test

NHDES Lead in Drinking Water - https://des.nh.gov/water/drinking-water/lead-drinking-water; dwmonitoring@des.nh.gov; or (603)271-2516

EPA Lead page - https://www.epa.gov/lead

National Sanitation Foundation - http://www.nsf.org/

Lead Free Kids NH - http://leadfreekidsnh.org/

INFORMATION FROM YOUR WATER SYSTEM

Historical lead and copper levels may be viewed at **https://www4.des.state.nh.us/DESOneStop/PWSDetail.aspx?ID=1131010#LC90**

Compliance Date	Frequency	Round	Lead Results	Copper Results	Date Calculated
01/01/2023	TRIENNIAL	007	0.014	1.036	09/06/2023
01/01/2020	TRIENNIAL	006	0.011	0.326	10/08/2020
01/01/2017	ANNUAL	005	0.006	0.827	10/24/2017
01/01/2016	ANNUAL	004	0.001	0.137	10/18/2016
01/01/2015	ANNUAL	003	0.002	0.649	10/20/2015
07/01/2014	SEMI-ANNUAL	002	0.005	0.73	01/13/2015
01/01/2014	SEMI-ANNUAL	001	0.005	0.446	04/18/2014

For more information, call us at 603-707-2260 or visit our website at https://townofhillnh.org/departments/hill-water-works/. For more information on reducing lead exposure around your home/building and the health effects of lead, visit EPA's website at http://www.epa.gov/lead or contact your health care provider.

Public Water System Contact (Name) **CHARLES ESTES** Tel **603-707-2260** Email CEstes@townofhillnh.org