

## Important information about Lead in Your Drinking Water

Twin Lakes Utilities found elevated levels of lead in drinking water tap samples. 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.**

**ESTE INFORME CONTIENE INFORMACIÓN IMPORTANTE ACERCA DE SU AGUA POTABLE. HAGA QUE ALGUIEN LO TRADUZCA PARA USTED, O HABLE CON ALGUIEN QUE LO ENTIENDA.**

### 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.

### Sources of Lead

Lead is a common metal found in the environment. The main sources of lead exposure are lead-based paint and lead-contaminated dust or soil. Drinking water is also a possible source of lead exposure. Most sources of drinking water have no lead or very low levels of lead. Most lead gets into drinking water after the water leaves the local well or treatment plants and comes into contact with plumbing materials containing lead. These include lead pipes, lead solder (commonly used until 1986), as well as faucets, valves, and other components made of brass.

### Steps You Can Take to Reduce Exposure to Lead in Water

1. **Run your water to flush out lead.** Run water for 15-30 seconds or until it becomes cold or reaches a steady temperature before using it for drinking or cooling, 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.** Lead dissolves more easily into hot water.
3. **Do not boil water to remove lead.** Boiling water will not reduce lead.
4. **Look for alternative sources or treatment of water.** You may want to consider purchasing bottled water or a water filter.
5. **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 (800-426-4791) for more information.

### What Happened? What is being done?

Samples collected on 08/18/2019 at 115 Beach Rd – Kitchen and on 09/15/2019 at 133 Twin Lake have greater than the lead action level and the 90<sup>th</sup> percentile value for our water system is also greater than the lead action level of 15 parts per billion. Twin Lakes Utilities, Inc. will be taking lead and copper samples every six months for the duration required by the PADEP.

### For More Information

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

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