

Important Information on Lead in Drinking Water

Steps You Can Take To Reduce Exposure To Lead

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 cooking, 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.** 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.
3. **Do not boil water to remove lead.** Boiling water will not reduce lead.
4. Don't forget about other sources of lead including lead paint, lead dust, and lead in soil. Wash your children's hands and toys often as they can come into contact with dirt and dust containing lead.

Local Contacts

Cattaraugus County Department of Health at 1-800-251-2584

New York State Department of Health at (518) 402-7650, or by email at bpwsp@health.state.ny.us.

For more information on reducing lead exposure around your home/building and the health effects of lead, visit EPA's Web site at:

- www.epa.gov/lead ,
- or call the National Lead Information Center at 1-800-424-LEAD.

For information about lead in school drinking water, go to:

http://www.health.ny.gov/environmental/water/drinking/lead/lead_testing_of_school_drinking_water.htm

<http://www.p12.nysed.gov/facplan/LeadTestinginSchoolDrinkingWater.html>

For information about NYS Department of Health Lead Poisoning Prevention, go to:

<http://www.health.ny.gov/environmental/lead/>

For more information on blood lead testing and ways to reduce your child's risk of exposure to lead, see "What Your Child's Blood Lead Test Means":

<http://www.health.ny.gov/publications/2526/> (available in ten languages).