

Dear Avondale Borough Residents

Avondale Borough appreciates your participation in the lead tap monitoring program. A lead level of  $\leq 5$  parts per billion (ppb) was reported for the sample collected on 9/26/2019 - 9/30/2019 at your home. We are happy to report that your result is below the lead action level of 15 ppb.

### **What does this mean?**

Under the authority of the Safe Drinking Water Act, EPA set the action level for lead in drinking water at 15 ppb. This means utilities must ensure that water from the customer's tap does not exceed this level in at least 90 percent of the homes sampled (90<sup>th</sup> percentile value). The action level is *the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow*. 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?**

The primary sources of lead exposure for most children are when they ingest deteriorating lead-based paint, inhale or ingest lead-contaminated dust and/or lead-contaminated residential soil. Exposure to lead is a significant health concern, especially for young children and infants whose growing bodies tend to absorb more lead than the average adult. Although your home's drinking water lead levels were below the action level, if you are concerned about lead exposures, you should ask your health care provider about testing your child for high levels of lead in the blood.

### **What can I do to reduce exposure to lead in drinking water?**

- **Run your water to flush out lead.** If water hasn't been used for 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 boil water to remove lead.**
- **Identify if your plumbing fixtures contain lead.**
- **Look for alternative sources or treatment of water.** NSF Consumer Affairs Office has developed a NSF Water Fact Kit for consumers that includes specific information about lead in drinking water at: [http://www.nsf.org/consumer/newsroom/kit\\_water.asp](http://www.nsf.org/consumer/newsroom/kit_water.asp)

### **For More Information**

Call us at (484)955-9749 to find out additional information on lead. For more information on reducing lead exposure around your home and the health effects of lead, visit EPA's website 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.