

1. **Run your water to flush out lead.** Run water for 15-30 seconds to flush lead from interior plumbing [Run water for 5 minutes if you have a lead service line or any lead pipes in your home plumbing] 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.
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. **Look for alternative sources or treatment of water.** You may want to consider purchasing bottled water or a water filter. Read the package to be sure the filter is approved to reduce lead or contact NSF International at 800-NSF-8010 or [www.nsf.org](http://www.nsf.org) for information on performance standards for water filters. Be sure to maintain and replace a filter device in accordance with the manufacturer's instructions to protect water quality.
5. **Test your water for lead.** Call us at 406-482-1088 to find out how to get your water tested for lead.
6. **Get your child's blood tested.** Contact your local health department or healthcare provider to find out how you can get your child tested for lead if you are concerned about exposure.
7. **Identify and replace plumbing fixtures containing lead.** Brass faucets, fittings, and valves, including those advertised as "lead-free," may contribute lead to drinking water. The law previously allowed end-use brass fixtures, such as faucets, with up to 8 percent lead to be labeled as "lead free." As of January 4, 2014, end-use brass fixtures, such as faucets, fittings and valves, must meet the new "lead-free" definition of having no more than 0.25 percent lead on a weighted average. Visit the website at <http://www.nsf.org/newsroom/identifying-lead-free-certification-marks-on-plumbing-products-1> to learn more about lead-containing plumbing fixtures and how to identify lead-free certification marks on new fixtures.

#### What Happened? What is Being Done?

Rau Elementary School took our Lead & Copper samples on June 29, 2021 as part of routine water sampling. One of the samples collected at the 2nd grade classroom tested above the allowable limit for lead at .034 mg/L. Overall, our action level is .020, which is over the lead action level of .015 mg/L. We will be working with DEQ and a professional consultant to make the needed adjustments to come into compliance. Re-testing will also be completed.

#### For More Information

Call us at 406-482-1088 (if applicable) or visit our website at [www.rauschool.net](http://www.rauschool.net) 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.

Rau School District No 21

MT0003089

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# LEAD in Drinking Water

## HEALTH EFFECTS OF LEAD

Lead is found throughout the environment in lead-based paint, air, soil, household dust, food, certain types of pottery porcelain and pewter, and water. Lead can pose a significant risk to your health if too much of it enters your body.

Lead builds up in the body over many years and can cause damage to the brain, red blood cells and kidneys. The greatest risk is to young children and pregnant women. Amounts of lead that won't hurt adults can slow down normal mental and physical development of growing bodies. In addition, a child at play often comes into contact with sources of lead contamination - like dirt and dust - that rarely affect an adult. It is important to wash children's hands and toys often, and to try to make sure they only put food in their mouths.



## LEAD IN DRINKING WATER

Lead in drinking water, although rarely the sole cause of lead poisoning, can significantly increase a person's total lead exposure, particularly the exposure of infants who drink baby formulas and concentrated juices that are mixed with water. EPA estimates that drinking water can make up 20 percent or more of a person's total exposure to lead.

The Montana Department of Environmental Quality (DEQ) and **(a)Rau School District No 21** are concerned about lead in your drinking water. Some drinking water samples taken from this facility have lead levels above the EPA action level of 15 parts per billion (ppb), or 0.015 milligrams of lead per liter of water (mg/L). Under Federal law we are required to have a program in place to minimize lead in your drinking water.

This program includes:

- 1) Corrosion control treatment (treating the water to make it less likely that lead will dissolve into the water);
- 2) Source water treatment (removing any lead that is in the water at the time it leaves our treatment facility); and
- 3) A public education program.

If you have any questions about how we are carrying out the requirements of the lead regulation please call us at

This poster also explains the simple steps you can take to protect yourself by reducing your exposure to lead in drinking water.

## HOW LEAD ENTERS OUR WATER

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 the corrosion, or wearing away, of materials containing lead in the water distribution system and household plumbing. These materials include lead-based solder used to join

copper pipe, brass and chrome-plated brass faucets, and in some cases, pipes made of lead that connect houses and buildings to water mains (service lines). In 1986, Congress banned the use of lead solder containing greater than 0.2% lead, and restricted the lead content of faucets, pipes and other plumbing materials to 8.0%.

When water stands in lead pipes or plumbing systems containing lead for several hours or more, the lead may dissolve into your drinking water. This means the first water drawn

from the tap in the morning, or later in the afternoon if the water has not been used all day, can contain fairly high levels of lead.

## STEPS YOU CAN TAKE to Reduce Exposure to Lead in Drinking Water

1. **FLUSH YOUR SYSTEM.** Let the water run from the tap before using it for drinking or cooking any time the water in a faucet has gone unused for more than six hours. The longer water resides in plumbing the more lead it may contain. Flushing the tap means running the cold water faucet for about 15-30 seconds. Although toilet flushing or showering flushes water through a portion of the plumbing system, you still need to flush the water in each faucet before using it for drinking or cooking. Flushing tap water is a simple and inexpensive measure you can take to protect your health. It usually uses less than one to two gallons of water.

2. **USE ONLY COLD WATER FOR COOKING AND DRINKING.** Do not cook with, or drink water from the hot water tap. Hot water can dissolve more lead more quickly than cold water. If you need hot water, draw water from the cold tap and then heat it.

3. **USE BOTTLED WATER.** The steps described above will reduce the lead concentrations in your drinking water. However, if you are still concerned, you may wish to use bottled water for drinking and cooking.



## FOR MORE INFORMATION

YOU CAN CONSULT a variety of sources for 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. State and local government agencies that can be contacted include:

- **(a)Rau School District** at 406-482-1088 can provide you with information about your facility's water supply; and
- **(f)Montana DEQ** at (g)406-444-3276

# General Public Education (PE) Notice and ListServ/Email Announcement Template

The following language meets the revised PE requirements under the 2007 short-term revisions and clarifications to the Lead and Copper Rule (LCR). **Your notice must include the topic areas in bold below.** *Anything in italics under each topic area is required language and cannot be changed while anything in regular text must be covered, but you have the flexibility to use either the suggested language or your own words to cover these topics in non-italic areas.*

Your notice must begin with the following opening statement (though you have the option to include a title of the pamphlet or brochure of your choosing):

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## **PUBLIC EDUCATION NOTICE:**

### **IMPORTANT INFORMATION ABOUT LEAD IN YOUR DRINKING WATER**

*Rau School District No 21 found elevated levels of lead in drinking water in some homes/buildings. Lead can cause serious health problems, especially for pregnant women and children 6 years and younger. Please read this notice closely to see what you can do to reduce lead in your drinking water.*

#### **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. Drinking water is one possible source of lead exposure. The main sources of lead exposure are lead-based paint and lead-contaminated dust or soil, and some plumbing materials. In addition, lead can be found in certain types of pottery, pewter, brass fixtures, food, and cosmetics. Other sources include exposure in the work place and exposure from certain hobbies (lead can be carried on clothing or shoes). Lead is found in some toys, some playground equipment, and some children's metal jewelry.

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 .25 percent weighted average of lead to be identified as "lead-free."

When water is in contact with pipes [or service lines] or plumbing that contains lead for several hours, the lead may enter drinking water. Homes built before 1988 are more likely to have lead pipes or lead solder.

EPA estimates that up to 20 percent of a person's potential exposure to lead may come from drinking water. Infants who consume mostly formula mixed with lead-containing water can receive 40 to 60 percent of their exposure to lead from drinking water.

Don't forget about other sources of lead such as 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.

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