

How does lead get into my drinking water?

The major sources of lead in drinking water are corrosion of household plumbing systems; and erosion of natural deposits. Lead enters the water (“leaches”) through contact with the plumbing. Lead leaches into water through corrosion – a dissolving or wearing away of metal caused by a chemical reaction between water and your plumbing. Lead can leach into water from pipes, solder, fixtures and faucets (brass), and fittings. The amount of lead in your water also depends on the types and amounts of minerals in the water, how long the water stays in the pipes, the amount of wear in the pipes, the water’s acidity and its temperature.

Although the main sources of exposure to lead are ingesting paint chips and inhaling dust, EPA estimates that 20 percent or more of human exposure to lead may come from lead in drinking water. Infants who consume mostly mixed formula can receive 40 to 60 percent of their exposure to lead from drinking water.

How will I know if lead is in my drinking water?

Have your water tested for lead. A list of certified laboratory of labs are available from your state or local drinking water authority. Testing costs between \$20 and \$100. Since you cannot see, taste, or smell lead dissolved in water, testing is the only sure way of telling whether there are harmful quantities of lead in your drinking water. You should be particularly suspicious if your home has lead pipes (lead is a dull gray metal that is soft enough to be easily scratched with a house key) or if you see signs of corrosion (frequent leaks, rust-colored water). Your water supplier may have useful information, including whether the service connector used in your home or area is made of lead. Testing is especially important in high-rise buildings where flushing might not work.

How can I reduce lead in drinking water at home?

Flush your pipes before drinking, and only use cold water for consumption. The more time water has been sitting in your home's pipes, the more lead it may contain. Anytime the water in a particular faucet has not been used for six hours or longer, “flush” your cold-water pipes by running the water until it becomes as cold as it will get. This could take as little as five to thirty seconds if there has been recent heavy water use such as showering or toilet flushing. Otherwise, it could take two minutes or longer. Your water utility will inform you if longer flushing times are needed to respond to local conditions.

Use only water from the cold-water tap for drinking, cooking, and especially for making baby formula. Hot water is likely to contain higher levels of lead. The two actions recommended above are very important to the health of your family. They will probably be effective in reducing lead levels because most of the lead in household water usually comes from the plumbing in your house, not from the local water supply.