

## 4 THINGS TO KNOW ABOUT lead in drinking water



### 1. Exposure to lead can harm your child's health.

Exposure to lead can cause slowed growth, development and learning problems in children. Pregnant people and their developing babies are also vulnerable to lead.



### 2. Your home's plumbing may contain lead.

The main source of lead in water is home plumbing. Homes built or plumbed between 1970 and 1985 may have lead solder in their plumbing. Homes may also have brass plumbing parts that have lead.



### 3. Lead in water is most harmful to formula-fed infants.

Formula-fed infants drink a lot of water relative to their body size. When mixing formula, use cold, fresh water. Never use water from the hot water tap.



### 4. Drinking water is not a common source of lead.

Lead paint and dust in homes built before 1950 is the most common source of lead poisoning in the Portland area.

## 3 THINGS YOU CAN DO TO protect your family from lead.



### 1. Test the children and pregnant people in your family for lead.

Testing your child's blood is the only way to know if they have been exposed to lead. Ask your health care provider about lead testing. The LeadLine provides free screening for children under 6 and pregnant people.



### 2. Test your water for lead for FREE.

Free testing is available in Portland and for customers of many Portland-area water providers. Order your free test kit from the LeadLine.



### 3. Use cold, fresh water for drinking, cooking, or mixing baby formula.

- Run cold water for 30 seconds to 2 minutes, or until it feels colder, before using to flush lead out.
- Do not use water from the hot water tap – hot water may contain more lead.
- You may also consider using a filter. Check whether it removes lead, not all filters do.