

## Health Effects of Lead

*\*Exposure to lead in drinking water can cause serious health effects in all age groups. Infants and children can have decreases in IQ and attention span. Lead exposure can lead to new learning and behavior problems or exacerbate existing learning and behavior problems. The children of women who are exposed to lead before or during pregnancy can have increased risk of these adverse health effects. Adults can have increased risks of heart disease, high blood pressure, kidney, or nervous system problems.\**

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

- **Run your water to flush out lead.** If water has not been used for several hours, run water for 15-30 seconds to flush lead from interior plumbing or until it becomes cold or reaches a steady temperature before using it for drinking or cooking.
- **Use cold water for cooking and preparing baby formula.**
- **Do not boil water to remove lead.**
- **Use a water filter.** Using a filter can reduce lead in drinking water. If you use a filter, it should be certified to remove lead.
- **Identify and replace plumbing fixtures containing lead.**
- **Remove faucet strainers** and rinse them to remove any debris. This can be done periodically to remove accumulated debris as well.
- **Make sure lead-free materials** are used when building any new home.
- **Consider replacing lead service lines.** Find out from a certified plumber or your utility if your home has lead service lines, because these pipes can be a source of lead at the tap. A service line is the pipe between the tap corporation at the main and the water meter. It is typically at least partly under the control/ownership of the homeowner.
- **MVWA can test the water in your home for lead and copper.** Please contact the Water Quality Department for additional information. MVWA is required to test for lead in homes with lead services on a schedule set by New York State and has been in compliance with the Lead and Copper Rule for over 20 years

## Opportunities to Replace Your Lead Service Line

MVWA will replace its lead portion in the street ahead of the shut-off valve at no cost to you after your service line portion is replaced.

We are also responsible for maintaining an inventory of all service lines. More information is available at [www.mvwa.us/WaterQuality/LeadAwareness.aspx](http://www.mvwa.us/WaterQuality/LeadAwareness.aspx).

For more information on lead in drinking water, contact your local health department.

If you have any questions about your service line, call us at 315-792-0301 or visit our website at [www.mvwa.us](http://www.mvwa.us).

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