

# At Risk for Lead in WATER?

Lead is a potent toxin and can be found in paint, water and soil.

Lead is a serious health concern. Even small amounts of lead are harmful, especially to younger children and women of child-bearing age.

Lead pipes were used in water service lines of homes built before 1962. In 1986, the use of lead pipes was banned in the United States.

## What should you know?

- Homes built before 1962 have lead pipes and water service lines.
- Lead in your home's tap water typically comes from older fixtures, in which lead solder was used, or when water sits in lead pipes for several hours between uses.



## What can you do?

- Filter your water and replace cartridges regularly. Buy a water filter that is certified to remove lead; look for NSF/ANSI 53.
- If you cannot afford a filter, always run your cold water tap for 3 minutes between uses.
- Women of child-bearing age and children under 6 should ALWAYS drink and cook with filtered or bottled water.
- Always use cold tap water for cooking and drinking.
- Clean water screens on your faucet weekly.
- See a doctor if you're worried about lead exposure.



## What should you NOT do?

- DO NOT cook with hot tap water.
- DO NOT make infant formula with hot tap water.
- Boiling water DOES NOT remove lead.



## Additional resources:

- **Get tested for lead exposure:** Contact your doctor, local WIC Clinic or your city's Health Department.

**Well Fed Means Less Lead!** See the reverse side for tips on protecting your family through the use of healthy foods.

Visit [GetWellFed.org](http://GetWellFed.org) for more information.

To find a NSF/ANSI 53 water filter certified to remove lead, visit [GetWellFed.org](http://GetWellFed.org).



# Get WELL FED






Exposure to lead can cause serious health concerns.

Even at low levels, lead is extremely harmful to infants, children and women of child-bearing age.

## What you eat can help protect your family against lead!

Feed your family a healthy, balanced diet that contains good sources of iron, vitamin C and calcium.

IRON	VITAMIN C	CALCIUM
 <ul style="list-style-type: none"><li>• Red Meat • Fish • Beans</li><li>• Lentil • Iron-fortified Cereals</li><li>• Spinach</li></ul>	 <ul style="list-style-type: none"><li>• Oranges • Berries • Tomatoes</li><li>• Bell Peppers</li><li>• Dark, Leafy Greens</li></ul>	 <ul style="list-style-type: none"><li>• Milk • Yogurt • Cheese</li><li>• Kale • Turnip Greens</li><li>• Calcium-fortified Juices</li></ul>

### What should you know?

- More lead is absorbed on an empty stomach. Infants and children absorb 5 to 10 times more lead on an empty stomach than adults.
- Exposure to lead is harmful to childhood development and can cause permanent behavioral and learning problems, a lower IQ, slowed growth and hyperactivity.
- Good sources of iron, vitamin C and calcium may lessen the absorption of lead into your body.

### What can you do?

- Offer and feed your family regular, healthy meals and snacks to reduce lead absorption.
- Participate in free federal nutrition programs, such as WIC, Summer Meals, Farmers Market Vouchers, FoodShare (SNAP) and many others.
- Wash ALL fruits and vegetables thoroughly with cold water for 1 minute or until all dirt and dust is removed.
- When preparing food, always wash and cook with safe water.

Visit [GetWellFed.org](https://www.getwellfed.org) for more information.

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