

## Lead

Lead (*led*)

Tested in: Urine and Water

Reported in: Urine and Water

### Learn how you can protect yourself and your family.



#### Is there an unsafe level of lead in water?

The EPA says there is no safe level of lead in water. Check your laboratory test report to see your personalized results.



#### Is it possible to remove lead from drinking water?

Yes, you may be able to reduce the amount of lead in your water. First, it is important to find out how lead may be getting into your water. You may need to work with a plumber to identify and replace pipes or fixtures containing lead. If it is not possible to remove lead-based pipes or fixtures, use bottled water to cook with and drink. If using tap water, flush the **cold** water for 1-2 minutes. Do not cook with or drink hot tap water, because it dissolves lead more readily than cold water.

We also recommend that you contact your county's environmental health department. They may want to test your water for bacteria or nitrate, which may be available for free.



#### Will exposure to lead harm my health?

Children are at significantly higher risk of harm from lead exposure than adults.

Lead is a probable human carcinogen (may cause cancer in people).

Exposure to lead may harm your

- nervous system
- renal system (urinary system or kidneys)



#### Are there other ways I could limit my exposure to lead?

- If your home was built before 1978:
  - do not allow children to put their mouths on surfaces that may contain lead-based paint.
  - cover bare soil with grass or plants.
  - regularly wash children's hands of dust and dirt.
- Do not allow children to put their mouths on older toys that may contain lead-based paint.
- Seek a certified professional if removing lead-based paint.

#### What is lead?

Lead is a toxic metal found in rocks and soil. Lead may get into drinking water through soil, lead-based pipes, or lead-based plumbing fixtures. Lead has been added to many products, such as gasoline, paints, ceramic products, glass, metal alloys, ammunition, and x-ray shields. Lead in paint was banned in 1978. The use of lead in other products is becoming less common because of health concerns.

#### Where can I find more information?

- [https://www.cdc.gov/biomonitoring/Lead\\_BiomonitoringSummary.html](https://www.cdc.gov/biomonitoring/Lead_BiomonitoringSummary.html)
- <https://www.atsdr.cdc.gov/az/l.html>