



Steps you can take to reduce lead in drinking water

Below are recommended actions that you may take, separately or in combination, if you are concerned about lead in your drinking water. The list also includes where you may find more information and is not intended to be a complete list or to imply that all actions equally reduce lead in drinking water.



Use filters properly.

Using a filter can reduce lead in drinking water. If you use a filter, it should be certified to remove lead. Read any directions provided with the filter to learn how to properly install, maintain, and use your cartridge and when to replace it. Using the cartridge after it has expired can make it less effective at removing lead. Do not run hot water through the filter. For more information on facts and advice on home water filtration systems, see EPA's <https://www.epa.gov/water-research/consumer-tool-identifying-point-use-and-pitcher-filters->

Clean your aerator.

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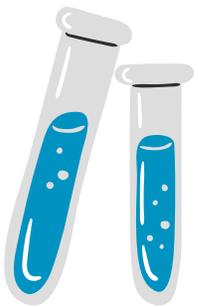


Run your water.

The more time water has been sitting in pipes providing water to your home, the more lead it may contain. Before drinking, flush your home's pipes by running the tap, taking a shower, doing laundry, or doing a load of dishes. We recommend running your tap for 30 seconds before using water for drinking or cooking.

Use cold water.

Do not use hot water from the tap for drinking, cooking, or making baby formula as lead dissolves more easily into hot water. Boiling water does not remove lead from water.



Have your water tested.

Contact the Southern Pines Water Treatment Plant to have your water tested and to learn more about the lead levels in your drinking water. You may also contact a certified laboratory to have your water tested for lead. A list of certified laboratories is available at www.deq.nc.gov/about/divisions/water-resources/water-sciences/chemistry-laboratory/laboratory-certification-branch/certified-laboratory-listings. Note, a water sample may not adequately capture or represent all sources of lead that may be present. For information on sources of lead that include service lines and interior plumbing, please visit www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water#getinto.

Learn about construction in your neighborhood.

Construction may cause more lead to be released from a lead galvanized service line if present. Contact us to find out about any construction or maintenance work that may disturb your service line.

Get your child tested to determine lead levels in their blood.

A family doctor or pediatrician can perform a blood test for lead and provide information about the health effects of lead. State or county departments of health can also provide information about how you can have your child's blood tested for lead. The Centers for Disease Control and Prevention recommends public health actions when the level of lead in a child's blood is 3.5 micrograms per deciliter ($\mu\text{g}/\text{dL}$) or more. For more information and links to CDC's website, please visit <https://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water>.

CONTACT US

Contact Ron Istre, Utilities Supervisor at 910-692-1983 or utilities@southernpines.net with any questions or needs related to the survey, water quality testing, or our water system in general. www.southernpines.net