

Lead in Water 101

What do you know about clean drinking water?

The goal of the Clean Classrooms for Carolina Kids program is to identify and eliminate exposure to lead and asbestos hazards where North Carolina children learn and play. Parents and caregivers play a crucial role in educating their families about the importance of clean drinking water, so start the conversation today using the resources below.

What is lead and how does it enter your water?

Lead is a type of metal that has been used in various products. It can be found in many places around us, such as metal water pipes, old paint, dust, and spices. Sometimes, lead can get into our drinking water. This can happen when the pipes and plumbing have some lead in them. Some water sources are more likely to get lead in them when it flows to our taps. The good news is that there are steps we can take to reduce lead in water.

Some of the ways we can come in contact with lead



Pipes



Paint



Spices



Water



Soil



Dust

Did you know?

- Lead (Pb) is a chemical element and one of the heaviest metals.
- Lead pipes have been used to transport water for over 2,000 years, despite evidence that lead is highly toxic.
- Since 1988 and 2014, restrictions have limited the amount of lead allowed in water infrastructure.
- Since there is no safe level of lead, it's important to reduce or eliminate exposure to it in water and other sources.

Fascinating Facts



- Lead sulfide and bismuth sulfide likely snow on Venus!
- Lead melts at temperatures over 600° Fahrenheit.

Why

is lead-free water important?

- Our bodies are made up of almost 60% water! It helps us regulate body temperature, move our joints, aid in digestion, and have healthy skin.
- Lead is a metal present in water infrastructure and is known to impact child development.
- There is no safe level of lead exposure.

What

can we do to reduce the amount of lead in our water?

- Use only cold water for drinking and cooking.
- Flush water at all taps each morning.
- Use one tap that has been tested as the designated tap for drinking and cooking.
- Buy lead-free fixtures and filters certified to remove lead.

How

can we learn more about lead?

- Clean Classrooms for Carolina Kids Team: bit.ly/3CK-home
- CDC Childhood Lead Poisoning Prevention: bit.ly/Sources-of-Lead

How can you check your water?

Education about and access to clean water is critical to overall health and well-being. That is why Clean Water for US Kids, a partner program with Clean Classrooms for Carolina Kids, provides opportunities for families to test their water for lead that is found in some homes. Families can purchase a home water lead testing kit and submit samples to a lab where scientists analyze the samples, provide results, and share recommendations for your specific household.

More information about this program can be found at <https://www.cleanwaterforuskids.org/homes>.



Water Filters
bit.ly/CWUSK-Filters



Lead-free Faucets
bit.ly/CWUSK-Faucets



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