

IMPORTANT INFORMATION ABOUT LEAD IN YOUR DRINKING WATER

Arabian Acres Metropolitan District

Has elevated Levels of Lead

Our system found elevated levels of lead in drinking water in some homes/buildings (see: *What happened? What is being done?* section below). Lead can cause serious health problems, especially for pregnant women and children 6 years and younger.

Please read this notice closely to see what you can do to reduce lead in your drinking water.

Health Effects of Lead

Lead can cause serious health problems if too much enters your body from drinking water or other sources. It can cause damage to the brain and kidneys, and can interfere with the production of red blood cells that carry oxygen to all parts of your body. The greatest risk of lead exposure is to infants, young children and pregnant women. Scientists have linked the effects of lead on the brain with lowered IQ in children. Adults with kidney problems and high blood pressure can be affected by low levels of lead more than healthy adults. Lead is stored in the bones and it can be released later in life. During pregnancy, the child receives lead from the mother's bones, which may affect brain development.

Sources of Lead

Lead is a common metal found in the environment. Drinking water is one possible source of lead exposure. The main sources of lead exposure are lead-based paint and lead-contaminated dust or soil, and some plumbing materials. In addition, lead can be found in certain types of pottery, pewter, brass fixtures, food and cosmetics. Other sources include exposure in the work place and exposure from certain hobbies (lead can be carried on clothing or shoes).

New brass faucets, fittings, and valves, including those advertised as "lead-free", may contribute lead to drinking water. The law currently allows end-use brass fixtures, such as faucets, with up to 8 percent lead to be labeled as "lead free". However, plumbing fixtures labeled National Sanitation Foundation (NSF) certified may only have up to 2 percent lead. Consumers should be aware of this when choosing fixtures and take appropriate precautions.

Our community does not have any lead in its source water or water mains in the street. When water is in contact with pipes or plumbing that contains lead for several hours, the lead may enter drinking water. Homes built before 1986 are more likely to have plumbing containing lead. New homes may also have lead; even "lead-free" plumbing may contain some lead. EPA estimates that 10 to 20 percent of a person's potential exposure to lead may come from drinking water. Infants who consume mostly formula mixed with the lead-containing water can receive 40 to 60 percent of their exposure to lead from drinking water.

Don't forget about other sources of lead such as lead paint, lead dust, and lead in soil. Wash your children's hands and toys often as they can come into contact with dirt and dust containing lead.

Steps You Can take to Reduce Your Exposure to Lead in Your Water

1. **Run your water to flush out lead.** Run water for 15-30 seconds or until it becomes cold or reaches a steady temperature before using it for drinking or cooking, if it hasn't been used for several hours. This flushes lead-containing water from the pipes.
2. **Use cold water for cooking and preparing baby formula.** Do not cook with or drink water from the hot water tap; lead dissolves more easily into hot water. Do not use water from the hot water tap to make formula.
3. **Do not boil water to remove lead. Boiling water will not reduce lead.**
4. **Look for alternative sources or treatment of water.** You may want to consider purchasing bottled water or water filter. Read the package to be sure the filter is approved to reduce lead or contact NSF International at 800-NSF-8010 or www.nsf.org for information on performance standards for water filters. Be sure to maintain and replace a filter device in accordance with the manufacturer's instructions to protect water quality.
5. **Test your water for lead.** Call us at (719) 216-4812 to find out how to get your water tested for lead.
6. **Get your child tested.** Contact your local health department or healthcare provider to find out how you can get your child tested for lead if you are concerned about exposure
7. **Identify if your plumbing fixtures contain lead.** New brass faucets, fitting, and valves, including those advertised as "lead-free", may contribute lead to drinking water. The law currently allows end-use brass fixtures, such as faucets, with up to 8% lead to be labeled as "lead-free". Visit the National Sanitation Foundation Web site at www.nsf.org to learn more about lead-containing plumbing fixtures.

What happened? What is being done?

The lead action level is 0.015 mg/l. (mg/l = milligrams per liter is synonymous with 'parts per million').

The results of the samples collected June 30, 2010 from 11 homes in the AAMD indicated a slightly elevated lead level of 0.019 mg/l as computed using the 90th percentile calculation per state regulations (two homes exceeded the 0.015 action level). AAMD currently feeds soda ash to adjust the pH of the water to make it less corrosive. Water which is *less* corrosive will leach less lead and copper from plumbing fittings.

AAMD distribution system contains NO lead distribution lines. Lead must come from copper piping with lead solder or other plumbing appliances. Please see 'Sources of Lead' above.

Soda ash feed commenced in the first quarter of 2010.

Lead sampling results from August 2009 = 0.0595 mg/l. Comparatively, the results from the latest sampling on June 2010, (0.019 mg/l compared to 0.595 mg/l), indicate a reduced level of lead in the drinking water due to soda ash feed and less corrosive drinking water.

For More Information

Call us at (719) 216-4812. For more information on reducing lead exposure around your home/building and the health effects of lead, visit EPA's Web site at www.epa.gov/lead or contact your health care provider.

This notice is brought to you by Rick Stevens, ORC (Operator in Responsible Charge), AAMD.

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