HEALTH DISTRICT CONTACT INFORMATION

Panhandle Health District
208-415-5200
www.phd1.idaho.gov
(serving Benewah, Bonner, Boundary, Kootenai, and Shoshone counties)

North Central Health District
208-799-3100
www.idahopublichealth.com
(serving Clearwater, Idaho, Latah, Lewis, and Nez Perce counties)

Southwest District Health
208-455-5400
www.publichealthidaho.com
(serving Adams, Canyon, Gem, Owyhee, Payette, and Washington counties)

Central District Health
208-375-5211
www.cdhd.idaho.gov
(serving Ada, Boise, Elmore and Valley counties)

South Central Public Health District
208-737-5900
www.phd5.idaho.gov
(serving Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka, and Twin Falls counties)

Southeastern District Health
208-233-9080
www.sdhdidaho.org
(serving Bannock, Bear Lake, Bingham, Butte, Caribou, Franklin, Oneida, and Power counties)

Eastern Idaho Public Health District
208-522-0310
www.phd7.idaho.gov
(serving Bonneville, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, and Teton counties)

IDAHO DEPARTMENT OF HEALTH AND WELFARE

Bureau of Community and Environmental Health
1-866-240-3553
email: bceh@dhw.idaho.gov

Idaho Bureau of Laboratories
208-334-2235
email: statelab@dhw.idaho.gov
www.statelab.idaho.gov

NSF INTERNATIONAL

Consumer Hotline 1-800-673-8010
www.nsf.org

LEAD-BASED PAINT

If your home or apartment was built before 1978, it could have lead-based paint. For more information visit the EPA website at www.epa.gov/lead/pubs/leadpdfe.pdf

ADDITIONAL INFORMATION

More information about lead in drinking water can be found on the EPA website at www.epa.gov/OGWDW/lead/index.html or by calling 1-800-426-4791. You can also visit the CDC website at www.cdc.gov/nceh/lead/tips/water.htm

SUGGESTED TESTING SCHEDULE

You should test your drinking water for lead at least once. If you make any repairs to or change any of the plumbing materials in your house, it is suggested that you retest your water for lead.

LEAD IN DRINKING WATER

IDAHO DEPARTMENT OF
HEALTH & WELFARE

What is lead?

Lead is a naturally-occurring metal. It is used in many commercial products including, batteries (such as those in automobiles), bullets, and fishing weights. Lead can also be found in some plumbing materials, as well as some house paints manufactured before 1978.

While lead-based paint* is responsible for the majority of lead exposures in children, people can also be exposed to lead through drinking water.

Does your drinking water have lead in it?

Plumbing installed prior to 1986 can contain high levels of lead. Plumbing systems installed after 1986 can also have brass plumbing with lead. If your home has plumbing materials with lead, the lead can leach into your water and may cause health problems. The Environmental Protection Agency (EPA) suggests removing lead from your water if it is 15 parts per billion (0.015 mg/L) or higher.

What are the health concerns?

Children exposed to lead can be affected by learning disabilities, headaches, slowed growth, and hearing problems.

*For more information on lead-based paint visit the EPA website on the back of this brochure.

Adults exposed to lead can be affected by reproductive problems, high blood pressure, digestive disorders, and memory and concentration problems.

How do I know if a person is exposed to lead?

Even people who appear healthy can have dangerous levels of lead in their bodies. If you think you or your child may have been exposed to lead, talk with your doctor about a blood lead test. A blood test is the only way to know if a child or adult has been exposed to lead.

How do I test my water for lead?

Contact a certified lab or your local public health department to get information on how to test your water for lead (numbers are on the back of this brochure). Although the lab or health department will have their own instructions to follow, it is important to remember these steps when collecting the water sample:

1). Do not run the water before collecting the sample. Water needs to sit in the pipes for at least 6 hours and no more than 18 hours to determine the amount of lead to which you may be exposed.

2). Collect samples from faucets where water could be used for drinking or cooking (bathroom and kitchen sinks).

3). If you need to collect more than one sample from the same faucet, let the water sit in the pipes for at least 6 hours before collecting the next sample.

What should I do if my water has lead in it?

• Run your water for about one to two minutes or until you notice the temperature drop before using it for drinking or cooking.

• Use cold water for drinking, cooking, and making baby formula. Hot water is more likely to have lead from the plumbing materials.

• Check the plumbing in your house for lead-based pipes, faucets, and solder (a plumber can help inspect).

• When buying new plumbing materials or making plumbing repairs, buy and use lead-free materials.

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NSF International certified treatment devices such as reverse osmosis, distillation, and filtration can be used for lead. To decide the best method of removing lead from your water call the NSF International Consumer Hotline at 1-800-673-8010.

If you install a treatment device, be sure that all of the plumbing material after the device is plastic, otherwise high levels of lead or copper can still leach into the treated water.