

## Resources

For more information about lead and Valley View's water quality

Call (503) 848-3000 or visit [www.tvwd.org](http://www.tvwd.org) and click on "Drinking Water Quality" under the "Your Water" tab.

For more information on lead-free plumbing products or performance standards for water filters

Contact NSF International at (800) NSF-MARK or visit [www.nsf.org](http://www.nsf.org).

For more information on reducing lead exposure around your home/building and the health effects of lead, visit the EPA's Web site at [www.epa.gov/lead](http://www.epa.gov/lead) or contact your health provider.

For more information about all lead hazards

Call the LeadLine at (503) 988-4000 or visit [www.leadline.org](http://www.leadline.org). The LeadLine offers:

- FREE lead-in-water testing
- FREE childhood blood lead level testing
- Lead poisoning prevention workshops
- Programs to reduce lead hazards in eligible homes



## Valley View Wants To Reduce Exposure To Lead In Drinking Water

Dedicated to the protection of public health from lead-in-water exposure, VVWD participates in a regional Lead Hazard Reduction Program (LHRP) with the Portland Water Bureau, Oregon Health Authority, Multnomah County Health Department, and other local water systems. This comprehensive approach to reducing lead exposure incorporates a treatment process which reduces corrosion in plumbing materials by increasing the pH of the water. Comparison of monitoring results with and without pH adjustment shows over 50 percent reduction in lead at the tap. The LHRP also includes a water quality monitoring component and an extensive outreach plan to inform the public about lead hazards.

Exposure to lead through drinking water is possible if materials in a building's plumbing contain lead. The level of lead in water can increase when water "stands" in contact with lead-based solder and brass faucets containing lead.

Your drinking water source rarely contains detectable levels of lead and consistently meets or is better than all federal and state drinking water standards. There are no known lead service connections in the water distribution system.



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VVLB0118

# Reducing Your Exposure To Lead

## Important Information About Lead In the Your Drinking Water



# Important Information About Lead In Your Drinking Water

Valley View Water District found elevated levels of lead in drinking water in some homes and buildings. Lead can cause serious health problems, especially for pregnant women and young children. Please read this information 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 throughout the environment. The most common source of lead exposure in the Portland area is dust from paint in homes built before 1978. Other sources include lead-based paint, lead-contaminated soil, and some plumbing materials. Lead can also be found in other household objects such as toys, cosmetics and pottery. Your drinking water source rarely contains detectable levels of lead and there are no known lead service connections in the



The Leadline provides FREE lead-in-water test kits to customers. To request a kit, call (503) 988-4000.

water distribution system. The main sources of lead in water are from lead solder used to join copper pipes, and brass plumbing fixtures and components, even those advertised as "lead-free". In homes built or plumbed with copper pipes before the lead ban in 1985, lead solder may have been used to join the copper pipes. Water that has been sitting in household pipes for several hours (overnight or after work and school) is most likely to contain lead. If present, lead in drinking



water may contribute 10 to 20 percent of a person's potential exposure to lead. Infants who consume mostly formula mixed with lead-containing water can receive 40 to 60 percent of their exposure to lead from drinking water.

Although homes usually show low to non-detected amounts of lead, we still believe it is important to educate our customers on how they may be exposed to lead in other ways.

## Easy Steps To Reduce Your Exposure To Lead From Plumbing

1. Run your water to flush out lead. If water hasn't been used for several hours, run the water for 30 seconds to 2 minutes or until it becomes cold or reaches a steady temperature before drinking or cooking.
2. Use cold, fresh water for cooking and preparing baby formula. Do not use water from the hot tap to cook, drink, or make baby formula. Lead dissolves more easily into hot water.
3. Do not boil water to remove lead. Boiling water will not reduce lead.
4. Consider using a filter. Confirm the filter is approved to reduce lead. Always maintain and replace a filter device in accordance with the manufacturer's instructions to protect water quality. Contact NSF International at (800) NSF-8010 or [www.nsf.org](http://www.nsf.org) for information on performance standards for water filters.
5. Test your water for lead. Call the Leadline at (503) 988-4000 to find out how to get a FREE lead-in-water test. Call TVWD's Water Quality Program at (503) 848-3000 if you have any questions.
6. Get your child tested for lead. Ask your physician or call the Leadline to find out how to have your child tested for lead. A blood lead level test is the only way to know if your child is being exposed to lead.
7. Consider buying low-lead fixtures. As of January 1, 2014 all pipes, fittings and fixtures are required to contain less than 0.25% lead. When buying new fixtures, consumers should seek out those with the lowest lead content. Visit [www.nsf.org](http://www.nsf.org) to learn more about lead content in plumbing fixtures.
8. Regularly clean your faucet aerator. Particles containing lead from solder or household plumbing can become trapped in your faucet aerator. Regularly cleaning every few months will remove these particles and reduce your exposure to lead.