

# STEPS TO REDUCE LEAD EXPOSURE IN DRINKING WATER



For over 30 years, the Village of Wilmette has been working to reduce lead exposure in drinking water through a corrosion control program at the water treatment plant. The Village also samples water at homes to make sure the treatment is effective. However, there are additional precautions that can be taken to further minimize the risk of exposure.

## ■ RUN THE TAP BEFORE USE

Lead levels are likely at their highest when water has been sitting in a lead pipe for several hours. Clear this water from your pipes by running the cold water for 3-5 minutes before using. This allows you to draw fresh water from the Village's water main. This water can be used for house plants or to flush toilets.

## ■ CLEAN AERATORS

Aerators are small attachments at the tips of faucets which regulate the flow of water. They can accumulate small particles of lead in their screens. It's a good idea to remove your aerators at least monthly and clean them out.

## ■ USE COLD WATER FOR COOKING AND DRINKING

Always cook, drink, and prepare baby formula with cold water, because hot water dissolves lead more quickly, resulting in higher levels in water.

## ■ FILTER THE WATER

Many home water filters are effective at removing lead. If you purchase a filter, make sure it is certified to NSF/ANSI 53 and NSF/ANSI 42 for lead reduction and that you maintain it properly.

## ■ IDENTIFY FIXTURES

Identify your plumbing fixtures that contain lead and replace them with lead free fixtures.

## ■ DO NOT BOIL

Boiling water will not reduce lead and could possibly increase lead concentrations.



*The Village of Wilmette is committed to providing safe drinking water to its residents. In addition to the steps taken at Wilmette's water plant to protect residents, residents can take the steps above to further reduce their exposure to lead in drinking water. There is no detectable lead in the water that leaves Wilmette's water treatment plant. Lead levels are unique to each home, depending on plumbing materials. The best way to reduce exposure to lead is to remove all sources of lead in your home.*