HEALTH DISTRICT CONTACT INFORMATION

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

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

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

Central District Health Department
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 Idaho Public Health
208-233-9080
www.siphidaho.org
(serving Bannock, Bear Lake, Bingham, Butte, Caribou, Franklin, Oneida, and Power counties)

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

IDAHO DEPARTMENT OF WATER RESOURCES

Licensed Well Drillers
research.idwr.idaho.gov/apps/wellconstruction/Licwelldrillers/

Ground Water Protection Section
Boise: 208-287-4800
www.idwr.idaho.gov

Northern Region, Coeur d'Alene: 208-762-2800
Eastern Region, Idaho Falls: 208-525-7161
Southern Region, Twin Falls: 208-736-3033
Western Region, Boise: 208-334-2190

IDAHO DEPARTMENT OF HEALTH & WELFARE

Bureau of Community and Environmental Health
1-800-445-8647
environmentalhealth.dhw.idaho.gov
bceh@dhw.idaho.gov

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

IDAHO DEPARTMENT OF ENVIRONMENTAL QUALITY

208-373-0502
www.deq.idaho.gov

NSF INTERNATIONAL

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

ADDITIONAL INFORMATION

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

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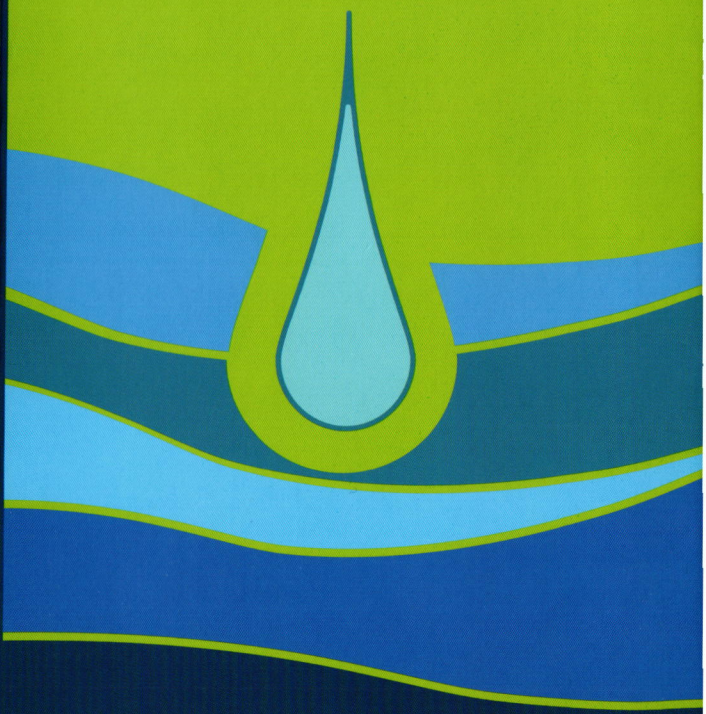
March 2018

LEAD IN YOUR DRINKING WATER

Tips to Protect Yourself



IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

Lead in drinking water can come from several sources. One way lead can get into your drinking water is through your plumbing. Even if your water comes from a public water supply, lead contamination can occur after the water has left the treatment plant, as it sits in pipes and plumbing fixtures. Plumbing systems installed prior to 1986 can contain high levels of lead and systems installed after 1986 can have brass plumbing with lead. If your home has plumbing materials with lead, the lead can contaminate your water and may cause health problems.

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. People can be exposed to lead through drinking water.

WHAT ARE THE HEALTH CONCERNS?

Children exposed to lead can be affected by learning disabilities, headaches, slowed growth, and hearing problems. Adults can suffer from decreased kidney function, reproductive issues and cardiovascular effects.

HOW DO I KNOW IF A PERSON HAS BEEN 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). The lab or health department will have their own instructions to follow. The Environmental Protection Agency (EPA) suggests removing lead from your water if it is 15 parts per billion (0.015 milligrams per liter of water (mg/L)) or higher.

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.

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.

HOW CAN I REMOVE LEAD?

NSF International certified treatment devices such as reverse osmosis, distillation, and filtration can be used for lead. Typically, these methods are used to treat water at only one faucet. To decide the best method of removing lead from your water call the NSF International Consumer Hotline.

LEAD-BASED PAINT

If your home or apartment was built before 1978, it could have lead-based paint. Lead-based paint is responsible for the majority of lead exposures in children For more information visit the EPA website at www.epa.gov/lead.