

Notice to Zion Christian Children's Center Water System Customers

The **Zion Christian Children's Center** is a public water system and we are responsible for providing you with water at this location and ensuring that the drinking water we provide to you meets state and federal standards. We recently collected drinking water samples to test for lead and copper. The results of this testing are as follows:

Sample Location	Sample Date	Lead Concentration ppb (Action Level: 15 ppb)	Copper Concentration mg/L (Action Level 1.3 mg/L)
Preschool Fountain	8-05-2020	< 2	0.0211
Blue Room Sink	8-05-2020	< 2	0.0267
Hall Fountain Left Low	8-05-2020	3.3	0.0356
Nursery Bathroom Sink	8-05-2020	< 2	<0.02
Kitchen 3 Bay Sink	8-05-2020	< 2	<0.02

Definitions

Under the authority of the Safe Drinking Water Act, the Environmental Protection Agency (EPA) set the Action Level (AL) for lead in drinking water at 15 ppb (or 0.015 mg/L). The AL for copper in drinking water is set at 1.3 mg/L. This means utilities must ensure that water from the customer's tap does not exceed this level in at least 90 percent of the locations sampled (this is referred to as the 90th percentile value). The Action Level is the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Because lead may pose serious health risks, the EPA also set a Maximum Contaminant Level Goal (MCLG) for lead of zero. The MCLG is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Health Effects of Lead

Lead is a common metal that has been in many consumer products but is now known to be harmful to human health if ingested or inhaled. It can be found in lead-based paint, air, soil, household dust, food, some types of pottery, and drinking water. Lead is rarely found in natural sources of water such as rivers, lakes, wells or springs.

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.

Steps You Can Take To Reduce Your Exposure to Lead in Your Water

1. **Run your water to flush out lead.** If water hasn't been used for several hours, allow the water to run at the tap for 30 seconds to 2 minutes before using it for drinking or cooking. This action flushes the lead-containing water from the pipes. The water you run from drinking water taps does not have to be

wasted. You can use this water for cleaning purposes or for watering plants. You may want to keep a container of drinking water in your refrigerator, so you don't have to run water every time you need it.

2. **Use water from the cold water tap for cooking and preparing baby formula.** Do not cook with or drink water from the hot water tap; lead dissolves more easily in hot water. Do not use water from the hot water tap to make baby formula.
3. **Do not boil water to remove lead.** Boiling water will not reduce or remove lead.
4. **Consider installing a filter.** You may want to consider installing a water filter. Ensure that the filter is approved to reduce lead or contact the National Sanitation Foundation at 800-NSF-8010 or www.nsf.org for information on performance standards for these types of water filters. If you choose to install a lead removal filter, be sure to maintain and replace the filter in accordance with the manufacturer's instructions to protect water quality.
5. **Get your child tested.** Contact your local health department or healthcare provider to find out how you can get your child's blood tested for lead if you are concerned about exposure.
6. **Identify and replace any plumbing fixtures that contain lead.** Brass faucets, fittings, and valves manufactured *before January 4, 2014*, may contribute lead to drinking water, including those advertised as "lead-free." Under current law, "lead free" means no more than 0.2% lead in solder and flux, and 0.25% lead for pipe, pipe fittings, and components. Visit the National Sanitation Foundation Web site at www.nsf.org to learn more about lead-containing plumbing fixtures.

[Optional:]

Copper

Copper is an essential nutrient, but some people who drink water containing copper in excess of the action level over a relatively short amount of time could experience gastrointestinal distress. Some people who drink water containing copper in excess of the action level over many years could suffer liver or kidney damage. People with Wilson's Disease should consult their personal doctor.

For More Information

Call us at 434-589-1665. For more information on reducing lead exposure around your home/building and the health effects of lead:

1. Visit EPA's website at <http://www.epa.gov/lead>;
2. Visit VDH's website at <http://www.vdh.virginia.gov/leadsafe/>
3. Contact your health care provider;
4. Contact the National Lead Information Center at 800-424-LEAD

This notice is brought to you by **Zion Christian Children's Center**. State Water System ID# **2109980**.

Date: **09-25-2020**.