

# Lead in Drinking Water – Public and Nonpublic Schools

## **IMPORTANT NOTICE: ELEVATED WATER SAMPLE RESULT(S)**

### **ELEVATED LEAD WATER SAMPLE RESULT(S)**

All Maryland public and nonpublic schools are required to sample all drinking water outlets for the presence of lead pursuant to the Code of Maryland Regulations. School-specific laboratory results are available on the FCPS website at <https://www.fcps.org/facilities/lead-in-water-testing-results>

### **ACTION LEVEL (AL)**

The AL is 20 ppb for lead in drinking water in school buildings. The AL is the concentration of lead which, if exceeded, triggers required remediation.

### **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. Lead is stored in the bones and it can be released later in life. During pregnancy, the fetus receives lead from the mother's bones, which may affect brain development. 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.

### **SOURCES OF HUMAN EXPOSURE TO LEAD**

There are many different sources of human exposure to lead. These include: lead-based paint, lead-contaminated dust or soil, some plumbing materials, certain types of pottery, pewter, brass fixtures, food, and cosmetics, exposure in the work place and exposure from certain hobbies, brass faucets, fittings, and valves. According to the Environmental Protection Agency (EPA), 10 to 20 percent of a person's potential exposure to lead may come from drinking water, while for an infant consuming formula mixed with lead-containing water this may increase to 40 to 60 percent.

### **IMMEDIATE ACTIONS TAKEN**

Tested outlet results with an exceedance level were shut off within 24 hours.

### **NEXT STEPS**

Flush sample collection and analysis.

Fixtures, where necessary, will be replaced and retested per the required protocols.

Once passing result is confirmed, the new fixture will be placed in service.

### **TO REDUCE EXPOSURE TO LEAD IN DRINKING WATER:**

1. Run your water to flush out lead: If water hasn't been used for several hours, run water for 15 to 30 seconds or until it becomes cold or reaches a steady temperature before using it for drinking or cooking.
2. Use cold water for cooking and preparing baby formula: Lead from the plumbing dissolves more easily into hot water.

*Please note that boiling the water will not reduce lead levels.*

### **ADDITIONAL INFORMATION**

1. For additional information, please contact your principal. For additional information on reducing lead exposure around your home/building and the health effects of lead, visit EPA's website at [www.epa.gov/lead](http://www.epa.gov/lead). Parents who are concerned about exposure should contact their healthcare provider or contact the Frederick County Health Department at:  
301-600-3162 (Environmental Health Program)  
301-600-3326 (Childhood Lead and Asthma Program)