



Health Information About Lead

This is a summary document based on public information provided by the CDC, EPA, and NJDOH.

What is lead?

Lead is a metal that can be found in the air, soil, and water. Lead is naturally occurring, but the human environment can be contaminated from historic use of leaded gasoline, lead based paint, and lead drinking water pipes or plumbing.

When lead is ingested in any amount, it is toxic and harmful to humans.

Who is most at risk from lead?

- Children younger than 3 years are at the greatest risk for lead exposure. This is because these children are most likely to put things containing lead into their mouths and because their brains are rapidly developing.
- Those living in housing built before 1978 (when lead-based paints were banned nationally)
- Those pregnant or nursing







What are health effects from lead exposure?

Even low levels of lead exposure can harm children's brain development, growth, hearing and speech, resulting in learning disabilities or behavior problems.

Adult exposure to lead can cause cardiovascular effects, increased blood pressure and incidence of hypertension, decreased kidney function, and reproductive problems.

How might my family be exposed to lead at home?

It is important to recognize all the ways a child can be exposed to lead. Children are exposed to lead in paint, dust, soil, air, and food, as well as drinking water. Lead exposure at home may be the result of:

-  Lead paint cracking or peeling, causing microscopic dust and particles that can be inhaled or eaten. Lead-based paint and lead-contaminated dust are the most widespread and hazardous sources of lead exposure for young children in the United States
-  Lead particles becoming dislodged or dissolved into water used to drink or cook with, due to disturbance to lead pipes from construction on the service line or corrosion.
-  Parts of toys with lead from countries where regulations are not strictly enforced.
-  Lead in imported candies or traditional home remedies.
-  Industry/hobby products containing lead, such as stain glass work, or ceramic glazes from abroad.
-  Food prepared with contaminated water or soil.

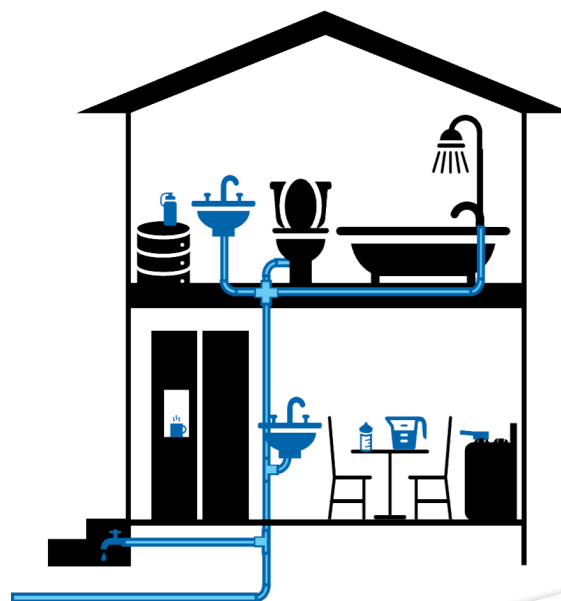
The water the JCMUA delivers to customers is lead-free, but lead can get into water as it passes through internal plumbing or fixtures that contain lead, including:



1. Faucets



2. Copper pipes with lead solder



Tips to limit lead exposure from water:

If you have a lead service line or internal plumbing that contains lead, some options to help limit lead exposure in water for drinking, cooking, or preparing infant formula:

- ✔ Use only cold water.
- ✔ Flush water in your home's internal plumbing by running cold water from a faucet for several minutes.
- ✔ Clean out faucet aerators since they can accumulate lead particles.
- ✔ Replace older fixtures like brass and chrome plated brass as they can contain lead with new certified lead-free components.
- ✔ Use filters or filtration system for drinking water.

For additional information, the links to the online resources used to develop this document are provided below:

New Jersey Department of Health

state.nj.us/health/ceohs/lead/lead-faq/
nj.gov/health/childhoodlead/

New Jersey Department of Environmental Protection

state.nj.us/dep/watersupply/dwc-lead.html

City of Jersey City Department of Health and Human Services

jerseycitynj.gov/cityhall/health/preventativehealth/childhealthclinic/leadprevention

Environmental Protection Agency

epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water

Centers for Disease Control and Prevention

cdc.gov/nceh/lead/default.htm

National Safety Council

nsc.org/community-safety/safety-topics/other-poisons/lead-poisoning-prevention

State and federal regulations for lead in drinking water

legiscan.com/NJ/text/A5343/id/2434029

epa.gov/sdwa/use-lead-free-pipes-fittings-fixtures-solder-and-flux-drinking-water

epa.gov/dwreginfo/lead-and-copper-rule