

IMPORTANT NOTICE: Lead Water Sample Result

Penn Manor School District: Martic Twp Elementary School

On **September 2nd, 2016**, **five** lead water samples were collected from **Martic Twp. Elementary School**. The Safe Drinking Water Act requires the school to provide each customer served the results of the lead samples on a regular basis (e.g. employees, staff, students, etc.). The lead results from the samples collected at the above location were as follows:

0.004 parts per million (ppm) **at Site Location #713- Nurse's Office A136**

0.004 parts per million (ppm) **at Site Location #714- Faculty Room D111**

0.018 parts per million (ppm) **at Site Location #715- Room C108**

0.008 parts per million (ppm) **at Site Location #716- Room C111**

0.112 parts per million (ppm) **at Site Location #717- Room D118**

WHAT DOES THIS MEAN?

The action level (AL) is *the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow*. The action level is 15 parts per billion (or 0.015 parts per million). Because lead may pose serious health risks, the EPA set a Maximum Contaminant Level Goal (MCLG) of zero for lead. 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.

WHAT ARE THE 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. 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.

WHAT ARE THE SOURCES OF LEAD?

Children are exposed to lead when they ingest deteriorating lead-based paint, inhale or ingest lead-contaminated dust and/or lead-contaminated residential soil. Exposure to lead is a significant health concern, especially for young children and infants whose growing bodies tend to absorb more lead than the average adult. Although your home's drinking water lead levels were below the action level, if you are concerned about lead exposures, you should ask your health care provider about testing your child for high levels of lead in the blood.

STEPS YOU CAN TAKE 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.
3. **Look for alternative sources (e.g. bottled water) if lead levels are elevated.**
4. **Get your child tested.** Contact your local health department or healthcare provider to find out how you can get your child tested for lead, if you are concerned about exposure.

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

ADDITIONAL INFORMATION

For additional information, please contact **Buildings and Grounds** at **717-872-9500**. 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, call the National Lead Information Center at 800-424-LEAD, or contact your health care provider.