

Health Impacts of Lead

Exposure to lead in drinking water can cause serious health effects in all age groups. Infants and children can have decreases in IQ and attention span. Lead exposure can lead to new learning and behavior problems or exacerbate existing learning and behavior problems. The children of women who are exposed to lead before or during pregnancy can have increased risk of these adverse health effects. Adults can have increased risks of heart disease, high blood pressure, kidney or nervous system problems.*

*EPA Proposed Lead and Copper Rule Improvements.
Last updated on February 15, 2024

0% There are **NO** safe known levels of lead consumption

Exposure in Children

Brain

Behavior problems, lower IQ, hearing loss, and learning disabilities

Body

Decreased bone and muscle growth

Kidneys

Abnormal function and damage

Nervous System

Damage including numbness and pain in the extremities



Exposure in Adults

Brain

Memory loss, lack of concentration, headaches, irritability, and depression

Body

Fatigue, joint, and muscle pain

Digestive System

Constipation, nausea, and poor appetite

Kidneys

Abnormal function and damage








Reproductive System

Men: Decreased sex drive and sperm count, and sperm anomalies.
Women: Spontaneous miscarriage

Nervous System

Damage including numbness and pain in the extremities

How Can I Reduce Exposure to Lead From Drinking Water?

-  Run your water to flush out lead and copper before use
-  Regularly clean faucet aerators
-  Use cold water to cook and prepare baby formula
-  Consider using a filter certified for lead removal
-  Identify and replace lead service lines and plumbing fixtures that contain lead
-  Use alternative source (i.e. bottled water) if lead is identified in your home
-  Remember, boiling water does **not** remove lead from water

Lead & Copper



Public Utilities