

## What You Should Do to Protect Your Health:

- **Flush Your Faucets:** If a faucet has gone unused for more than 6 hours, do not drink or cook with the first draw of water. Run your cold water tap for **1 to 2 minutes** (or until it feels noticeably colder to the touch) before using it.
- **Use Cold Water Only:** Always use cold tap water for drinking, cooking, and preparing baby formula. Hot water dissolves lead from plumbing joints much faster than cold water. **Boiling water does not remove lead.**
- **Clean Your Aerators:** Unscrew and clean the small mesh screens (aerators) on your faucets regularly. Debris and tiny particles of lead solder can trap themselves there.
- **Consider a Filter:** If you have pregnant individuals or young children in your home, consider using a water pitcher or tap filter certified under **NSF/ANSI Standard 53** specifically for lead removal
- **Lead is in solder and brass fixtures in homes built before 1986 and has the highest potential in homes from 1983 to 1986**