

How to reduce lead exposure

According to PGH20

Run your water to flush out lead

Run your cold tap water for one minute before drinking from it or using it for cooking you haven't used it in several hours. Lead can dissolve in water when it sits in pipes for a few hours.

Use cold water for cooking or preparing baby formula

Lead dissolves easier in hot water, so cold water is generally safer.

Do not boil water to remove lead

It will not get rid of the lead, but may actually increase the concentration.

Look for alternative sources or treatment of water

You can purchase a NSF filter that is certified to remove lead or drink bottled water.



Identify if your pipes or other plumbing fixtures contain lead

You can purchase lead-check swabs that are commercially available. Additionally, PGH20 has a map that shows where lead pipes are located in the Pittsburgh area.

Test your water for lead

You can contact the Pittsburgh Water & Sewer Authority at 412-255-2423 or email servicelines@pgh20.com to request a free test kit.

Get your child's blood tested

It is the best way to determine if your child has been exposed. You can talk to your healthcare provider about getting a blood lead test.