

Information About Your Drinking Water

WHAT HAPPENED? WHAT IS BEING DONE?

During a recent scheduled water sampling, a slight increase in lead was discovered in the Commissary and the Exchange, specifically in two seldom-used employee lavatories. The levels are not in violation of EPA standards, however they do require public notification and drive a more robust sampling schedule. Vance Civil Engineering is taking action in the areas of concern, to include potentially replacing sink fixtures. This area will continue to be sampled and the increased sampling will ensure no other areas are affected. Nothing is more important than the health and well-being of all personnel accessing Vance AFB. Our civil and bioenvironmental engineers and public health professionals work hard each and every day to safeguard the safety of your drinking water.

IMPORTANT INFORMATION ABOUT LEAD IN YOUR DRINKING WATER

Bioenvironmental Engineering found elevated levels of lead in drinking water in the Commissary and Base Exchange. Lead can cause serious health problems, especially for pregnant women and young children. Please read this information closely to see what you can do to reduce lead in your drinking water.

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, which may affect brain development.

SOURCES OF LEAD

Lead is a common metal found in the environment and can be found in certain types of pottery, pewter, brass fixtures, food, and cosmetics. Drinking water is also a possible source of lead exposure, usually occurring after the water leaves the local well or treatment plant and comes into contact with plumbing materials containing lead. These can include pipes, lead solder (commonly used until 1986), as well as faucets, valves and other components made of brass.

STEPS YOU CAN TAKE TO REDUCE YOUR EXPOSURE TO LEAD IN YOUR WATER

1. **Run your water to flush out lead.** If your water hasn't been used for several hours, run water for 15-30 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 dissolves more easily into hot water.
3. **Do not boil water to remove lead.** Boiling water will not reduce lead.
4. **Look for alternative sources or treatment of water.** You may want to consider purchasing bottled water or a water filter.
5. **Test your water for lead.** Call VAFB Bioenvironmental Engineering at (580) 213-7241 to find out how to get your water tested for lead.
6. **Get your child's blood tested.** Contact your local health department or Vance healthcare provider to find out how you can get your child tested for lead, if you are concerned about exposure.

FOR MORE INFORMATION

Call Bioenvironmental Engineering at 213-7241. For more information on reducing lead exposure around your building and the health effects of lead, visit EPA's Web site at www.epa.gov/lead, or contact your health care provider.