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IMPORTANT INFORMATION ABOUT LEAD IN YOUR DRINKING WATER

Public Water System ID: CO 0135477

System Name: Little Thompson Water District

Our integrated system found elevated levels of lead in the drinking water in some homes/buildings. Lead can cause serious health problems, especially for pregnant women and young children. Please read this notice 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, and it can be released later in life. During pregnancy, the child receives lead from the mother's bones, which may affect brain development.

Sources of Lead

Lead is a common metal found in the environment. Drinking water is one possible source of lead exposure. The main sources of lead exposure are lead-based paint and lead-contaminated dust or soil, and some plumbing materials. In addition, lead can be found in certain types of pottery, pewter, brass fixtures, food, and cosmetics. Other sources include exposure in the work place and exposure from certain hobbies (lead can be carried on clothing or shoes). Lead is found in some toys, some playground equipment, and some children's metal jewelry.

Brass faucets, fittings, and valves, including those advertised as "lead-free", may contribute lead to drinking water. The law currently allows end-use brass fixtures, such as faucets, with up to eight percent lead to be labeled as "lead free".

This System does not have any lead in its source water at Carter Lake Reservoir or water mains in the street. When water is in contact with pipes or plumbing that contains lead for several hours, the lead may enter drinking water. Homes built before 1988 are more likely to have lead pipes or lead solder.

EPA estimates that 10 to 20 percent of a person's potential exposure to lead may come from drinking water. Infants who consume mostly formula mixed with the lead-containing water can receive 40 to 60 percent of their exposure to lead from drinking water.

Don't forget about other sources of lead such as lead paint, lead dust, and lead in soil. Wash your children's hands and toys often as they can come into contact with dirt and dust containing lead.

Steps You Can take to Reduce Your Exposure to Lead in Your Water

- 1. Run your water to flush out lead.** Run water for 15-30 seconds to flush lead from interior plumbing or until it becomes cold or reaches a steady temperature before using it for drinking or cooking, if it hasn't been used for several hours.
- 2. Use cold water for cooking and preparing baby formula.** Do not cook with or drink water from the hot water tap; lead dissolves more easily into hot water. Do not use water from the hot water tap to make baby formula.
- 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. Read the package to be sure the filter is approved to reduce lead or contact NSF International at 800-NSF-8010 or www.nsf.org for information on performance standards for water filters. Be sure to maintain and replace a filter device in accordance with the manufacturer's instructions to protect water quality.
- 5. Test your water for lead.** Call us at **970-532-2096** to find out how to get your water tested for lead.
- 6. Get your child's blood 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.
- 7. Identify and replace plumbing fixtures containing lead.** Brass faucets, fittings and valves, including those advertised as "lead-free," may contribute lead to drinking water. The law currently allows end-use brass fixtures, such as faucets, with up to 8% lead to be labeled as "lead free". Visit the Website at www.nsf.org to learn more about lead-containing plumbing fixtures.

What Happened? & What is Being Done?

Recently the District tested water samples from 60 homes, per CDPHE and EPA requirements, for our routine lead and copper test. The results from these tests showed that we were below the exceedance level. In addition to the required samples, additional samples were taken to monitor changes being made at the filter plant. Also, customers were requesting samples to be taken during the monitoring period. When all of the results were combined, the Action Level was exceeded.

With approval from the Colorado Department of Public Health and Environment, Carter Lake Filter Plant made changes to the water treatment process last fall and again this spring to make our water less likely to leach lead from the plumbing in your home. Based on the results from the additional samples, we believe these changes will bring the lead levels back into compliance with EPA and State regulations by the end of this year, when our next round of testing is due. We saw that the changes made in the treatment process have dropped the overall lead levels in the customer's homes by 57%.

We affirm our commitment to providing safe, clean drinking water and take the current situation very seriously. We have taken action designed to improve water quality and strongly encourage you to read this information closely to see what you can do to reduce your exposure to lead in drinking water.

For More Information

For more information, call us at **970-532-2096** or visit our Web site at www.ltwd.org

For more information on reducing lead exposure around your home/building and the health effects of lead, visit EPA's Web site at <http://www.epa.gov/lead> or contact your health care provider.

Notice Provided by: Ken Lambrecht, Operations Manager, Little Thompson Water District

Date: September 28, 2016