

Preventing Lead Problems: Routine Steps

To minimize exposure to lead in your facility, there are several things you can do on a routine basis.

These activities include:

1. Flush all drinking water outlets.

Flushing drinking water outlets is important because the longer water is exposed to lead pipes or solder, the greater the likelihood of lead contamination. At the start of each day, before using any water for drinking or cooking, flush the cold water faucet by allowing the water to **run for 30 seconds to one minute**. Do this at each drinking water outlet (including water fountains). Even if all your first-draw samples and flushed samples show low lead levels, there is still a possibility that lead may get into water that sits in your plumbing for long periods (such as during vacations or over long weekends). To be safe, on the first day back, flush all drinking water outlets prior to opening the facility.



2. Use only cold water to prepare food and drinks.

Hot water dissolves lead more quickly than cold water and is therefore more likely to contain greater amounts of lead. If hot water is needed, water should be drawn from the cold tap and heated. Use only thoroughly flushed water from the cold water tap for drinking and when making formula, juices, or foods.

3. Clean debris out of all water outlet screens on a regular basis.

Small screens on the end of a faucet (aerators) can trap sediments containing lead.