

# 10 Tips to Reduce Your Exposure to Lead in Drinking Water

*Lead can enter drinking water from old pipes. Follow these steps to reduce your exposure to lead:*

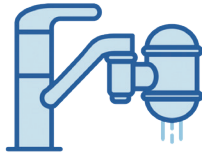
1. Before using tap water for drinking or cooking, run the cold water for 1–2 minutes.



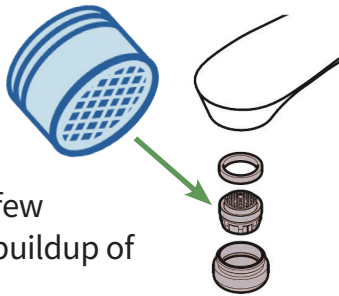
2. Use only cold water for drinking, cooking, and baby formula. Boiling water does not remove lead.



3. Use a water filter. National Sanitation Foundation (NSF) filters are certified to remove lead if they are marked with NSF/ANSI Standard 53 or 58 on the package. Replace internal filters as directed.



4. Clean the aerator on your faucet. Unscrew the mesh metal screen on the mouth of the faucet and clean every few months to prevent the buildup of lead.



5. Feed your family a healthy diet rich in iron, calcium, and vitamin C. A full stomach slows the absorption of lead.



6. Schedule a blood lead test for your child. Blood lead tests are covered by insurance, and are required for children at 9–12 months, 2, 3, and 4 years old.



7. Call the Chelsea Water and Sewer Department at 617-466-4209 and ask them to test your water for lead.



8. Call the Chelsea Water and Sewer Department to find out if you have a lead service line. If they are unsure, ask them to come to your house to identify the line.

9. If you have a service line made of lead, ask for a full service line replacement. The City of Chelsea will replace your lead service line for free!

10. Find out if you have brass, chrome-plated brass, and/or bronze faucets or fixtures in your home. These can contain up to 8% lead and should be replaced by a plumber.

*For More Information:*

Clean Water Fund: [kalventosa@cleanwater.org](mailto:kalventosa@cleanwater.org) • 617.388.5765

*Learn More:*

<https://www.mass.gov/orgs/childhood-lead-poisoning-prevention-program>

<https://www.mass.gov/guides/is-there-lead-in-my-tap-water>