You are receiving this notification because you are a participant in your water system's Lead and Copper Monitoring program.

Drinking water regulations require water systems to provide participants with the following:

1. The results of the lead level of the sample collected from your address.
2. General information about regulations for lead in drinking water.
3. General information about the health effects of lead.
4. General information about steps you can take to reduce your exposure to lead in drinking water.

The sample collected from Centre PK-12 School, 2374 310th, Lost Springs, Kansas on September 19, 2023, showed a lead level of <1.0 ug/L (also known as micrograms per Liter or parts per billion (ppb)).

Regulations of Lead in Drinking Water

EPA set a 90th percentile action level for lead in drinking water at 15 ppb. An action level is *the concentration of a contaminant which, if exceeded, triggers treatment or other requirements a water system must follow.* This means that if 90% of the homes sampled show a lead level less than 15 ppb, no further actions are required from the water system. If not, it means the water system's 90th percentile value exceeds 15 ppb, and the utility must take certain steps to correct the problem. Because lead may pose serious health risks, the EPA set a Maximum Contaminant Level Goal (MCLG) of zero for lead. The MCLG is *the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.*

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.

The primary sources of lead exposure for most children are deteriorating lead-based paint, lead-contaminated dust, and lead-contaminated residential soil. Exposure to lead is a significant health concern, especially for young children and infants whose growing bodies tend to absorb more lead than the average adult. If you are concerned about lead exposure, ask your health care provider about testing for high levels of lead in the blood.

Steps for Reducing Your Exposure to Lead in Drinking Water

- ***Run your water to flush out lead.*** If 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. This flushes lead-containing water from the pipes.
- ***Use cold water for cooking and preparing baby formula.***
- ***Do not boil water to remove lead.***
- ***Look for alternative sources or treatment of water.***
- ***Test your water for lead.***
- ***Identify if your plumbing fixtures contain lead.***
- **For More Information** on reducing lead exposure around your home and the health effects of lead, visit EPA's Web site at **www.epa.gov/lead**, call the National Lead Information Center at 800-424-LEAD, or contact your health care provider.

This notice was sent to you by CENTRE HIGH SCHOOL water system, Federal ID #: KS2111501
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