NOTIFICATION: Individual Lead Water Sample Results

CHEBEAGUE ISLAND SCHOOL ME0000185

SAMPLE LOCATION	DATE SAMPLED	LEAD RESULT	LIST UNITS (ppm or ppb)
CIS-1 Drinking Water Fountain	9/15/2020	Not Detected (< 0.003)	mg/L
CIS-2 3-Bay Sink	9/15/2020	Not Detected (< 0.003)	mg/L
CIS-3 Cafeteria	9/15/2020	Not Detected (< 0.003)	mg/L
CIS-4 Food Prep Sink	9/15/2020	Not Detected (< 0.003)	mg/L
CIS-5 Handwash Sink	9/15/2020	Not Detected (< 0.003)	mg/L

SAMPLE RESULTS

The Safe Drinking Water Act requires CHEBEAGUE ISLAND SCHOOL to provide notification on individual lead results from lead samples they collected. The table above provides that information (lead results listed in parts per billion).

MAXIMUM CONTAMINANT LEVEL GOAL (MCLG) & ACTION LEVEL

The MCLG for lead is zero and the action level is 15 parts per billion (ppb) or 0.015 parts per million (ppm). 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. The action level is the concentration of a contaminant which, if exceeded, triggers treatment of other requirements which a water system must follow.

NOTE: Parts per billion (ppb) is the same as µg/L and parts per million (ppm) is the same as mg/L.

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.

STEPS YOU CAN TAKE TO REDUCE 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 to 30 seconds or until it becomes cold or reaches a steady temperature before using it for drinking or cooking.
Use cold water for cooking and preparing baby formula: Lead dissolves more easily into hot water.
Do not boil water to remove lead: Boiling water will not reduce lead.
Remove loose solder and debris from plumbing materials: Remove the faucet strainers from all taps and run the water from 3 to 5 minutes. Thereafter, periodically remove the strainers and flush out any debris that has accumulated over time.
Identify and replace lead solder: Lead solder appears dull gray, and when scratched with a key becomes shiny. A licensed plumber should be able to help with lead solder identification and replacement (if applicable).
Have an electrician check your grounding: Check with a licensed electrician if grounding wires from the electrical system can be done so elsewhere (if applicable).
Look for alternative sources or treatment of water: You may want to consider purchasing bottled water or a water filter.

ADDITIONAL INFORMATION

For additional information, please contact CHEBEAGUE ISLAND SCHOOL at **Carol White** at ***207-846-4162***. For additional information on reducing lead exposure around your home/building, and the health effectsof lead, visit EPA's website at http://www.epa.gov/lead or contact your health care provider.