

# Attachment A - Public Education for Lead

## IMPORTANT INFORMATION ABOUT LEAD IN YOUR DRINKING WATER

City of Gibbon found elevated levels of lead in drinking water in some homes/buildings. Lead can cause serious health problems, especially for pregnant women and children 6 years and younger. Please read this notice closely to see what you can do to reduce lead in your drinking water.

The lead level that requires public education and additional requirements is 15 parts per billion or 0.015 mg/L. The level of lead for our public water system is 0.0179 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.

### 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, lead-contaminated dust or soil, and some plumbing materials. Brass faucets, fittings, and valves, including those advertised as "lead-free," may contribute lead to drinking water. Lead can also be found in certain types of pottery, pewter, brass fixtures, food, and cosmetics. Other sources include exposure in the workplace 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.

When water is in contact for several hours with pipes (or service lines) or plumbing that contains lead, the lead may enter drinking water. Homes built before 1988

are more likely to have plumbing containing lead.

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

### Steps You Can Take to Reduce Your Exposure to Lead in Your Water

1. **Run your water to flush out lead.** If the tap hasn't been used for several hours, 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.
1. **Use cold water for cooking and preparing baby formula.** Lead dissolves more easily into hot water. Do not use water from the hot water tap to cook, drink, or make baby formula.
2. **Do not boil water to remove the lead.** Boiling water will not reduce lead.
3. **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. Be sure to maintain and replace a filter device in accordance with the manufacturer's instructions to protect water quality.
4. **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.

### What Happened? What is Being Done?

The results from the City of Gibbon, NE3101907, 2023 lead monitoring season exceeded the 90th percentile action level (AL) for lead content. The action level set by the EPA and enforced by Nebraska's Regulations Governing Public Water Supply Systems, Title 179 NAC 12-003.01 for lead is 0.015 milligrams per liter (mg/L).

The calculated 90th percentile lead level from the most recent sampling for the City of Gibbon was 0.0179 mg/L. This level requires follow-up actions in accordance with the Nebraska's Regulations Governing Public Water Supply Systems, Title 179 NAC 12-003.01 to 12-003.05

**City of Gibbon will continue to monitor samples and levels. During this investigative phase, sampling will be done quarterly throughout the 2024 year starting in January.**

**Historically, the City of Gibbon samples every 3 years for lead and copper. This is the first elevated level we have seen. We will continue to sample and update residents with further information as we move forward.**

### For More Information

Call us at 888-669-7154 or visit our website at [TRPHD.ne.gov](http://TRPHD.ne.gov). For more information on reducing lead exposure around your home/building and the health effects of lead, visit EPA's website at [www.epa.gov/lead](http://www.epa.gov/lead) or contact your health care provider.

Date Distributed 12/29/2023

City of Gibbon ID NE3101907

Este informe contiene información muy importante sobre su agua potable.  
Tradúzcalo o hable con alguien que lo entienda bien.



*Pamela Rasmussen City Clerk*

## Food that keeps lead out

Foods that contain calcium, iron, and vitamin C help keep lead out of the body. Examples include:

### Calcium

- cheese
- milk
- white beans
- yogurt
- whole wheat bread



### Iron

- beans
- beef
- chicken
- spinach
- wild rice
- apricots
- oats



### Vitamin C

- green beans
- cauliflower
- bananas
- apples
- bell peppers
- tomatoes
- corn



## How can TRPHD help?

If you or your child has been exposed to lead, Two Rivers Public Health Department can recommend follow-up actions and care. TRPHD can also help answer any additional lead related questions.



888-669-7154



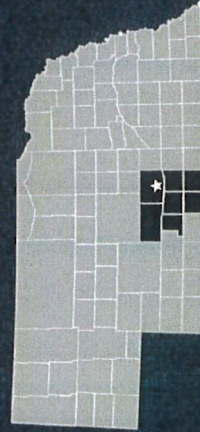
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www.trphd.ne.gov



516 W 11th St  
Kearney, NE 68845



Updated December 2023

# Lead Hazards and Your Health

Lead hazards that you may encounter and how to reduce your exposure.



## What is lead and where can it be found?

Lead is metal added to products for its desirable properties. In humans and animals, lead is a neurotoxin and can cause lead poisoning.

### Lead can be found in:

- pre-1978 homes
- cracking or peeling paint
- contaminated soil and dust
- drinking water
- pipes and solder
- glazed or painted dishware
- old toys or furniture
- construction materials
- bullets or ammunition
- some herbal or home remedies
- imported products

## Why is lead a problem?

If you breathe in or consume lead, it can cause lead poisoning. All ages can be affected by lead poisoning but children and pregnant individuals are at the greatest risk.

### Lead poisoning can cause:

- behavioral and learning problems
- lower IQ and hyperactivity
- slowed growth
- blood, hearing, and kidney problems
- nerve disorders
- reproductive problems
- memory and concentration issues

## How can I reduce my lead exposure?

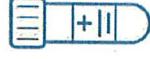
- ✓ **Be safe in the kitchen** by using cold, filtered, or bottled water if your drinking water contains lead.
- ✓ **Avoid certain products** such as traditional medicines, imported or antique cookware, or unregulated food.
- ✓ **Be safe when working with lead** by showering and changing clothes before coming home.
- ✓ **Remove all shoes when you enter the house** to prevent spreading lead dust.
- ✓ **Wash hands and toys** to prevent children from consuming lead dust.
- ✓ **Give your child healthy foods.** Foods that contain calcium, iron, and vitamin C help keep lead out of the body.
- ✓ **Check your home.** If you live in a home built before 1978, consult a lead professional.
- ✓ **Check your drinking water** by contacting your water company and ask for a Consumer Confidence Report. If your water comes from a private well, contact a certified laboratory about testing.
- ✓ **Renovate safely** by using approved methods in pre-1978 homes. Renovations can release lead dust.

## Frequently asked questions

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### Can I get tested for lead?

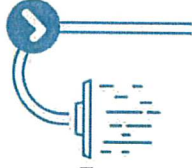
Children and adults can have their blood tested at the doctor's office. Talk to your healthcare provider about getting a blood test for your child. A blood test is the best way to determine if a child has been exposed to lead.



02

### Can I shower in lead-contaminated water?

Yes. Lead is not absorbed through skin.



03

### What water filter should I buy to remove lead from water?

Look for filters that claim lead reduction and are certified against NSF/ANSI Standard 53 or 42. Example:

Certifier's Mark

*Tested and Certified by (name of certification body) against NSF/ANSI Standards 42 and 53 for the claims specified on the Performance Data Sheet.*

## Alimentos que mantienen el plomo fuera

Los alimentos que contienen calcio, hierro y vitamina C ayudan a mantener el plomo fuera del cuerpo. Ejemplos incluyen:

### Calcio

- queso
- leche
- judías blancas
- yogur
- pan integral



### Hierro

- frijoles
- carne de res
- pollo
- espinaca
- arroz salvaje
- albaricoques
- avena



### Vitamina C

- judías verdes
- coliflor
- plátanos
- manzanas
- Pimientos
- Tomates
- maíz

## ¿Cómo puede ayudar el TRPHD?

Si usted o su hijo han estado expuestos al plomo, el Departamento de Salud Pública de Two Rivers puede recomendar medidas y cuidados de seguimiento. TRPHD también puede ayudar a responder cualquier pregunta adicional relacionada con el plomo.



PUBLIC HEALTH DEPARTMENT



888-669-7154



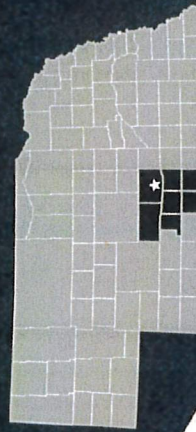
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516 W 11th St Kearney, NE  
68845



# Peligros del plomo y tu salud

Peligros del plomo que puede encontrar y cómo reducir su exposición.



## ¿Qué es el plomo y dónde se puede encontrar?

El plomo es un metal que se añade a los productos por sus propiedades deseables. En humanos y animales, el plomo es una neurotoxina y puede causar envenenamiento por plomo.

### El plomo se puede encontrar en:

- casas anteriores a 1978
- pintura agrietada o descascarada
- suelo y polvo contaminados
- agua potable
- tubos y soldadura
- vajilla esmaltada o pintada
- juguetes o muebles viejos
- materiales de construcción
- balas o municiones
- algunos remedios caseros o a base de hierbas
- productos importados

## ¿Por qué el plomo es un problema?

Si inhala o consume plomo, puede causar envenenamiento por plomo. Todas las edades pueden verse afectadas por el envenenamiento por plomo, pero los niños y las personas embarazadas corren el mayor riesgo.

### El envenenamiento por plomo puede causar:

- problemas de conducta y aprendizaje
- menor coeficiente intelectual e hiperactividad
- crecimiento lento
- problemas de sangre, audición y riñón
- trastornos nerviosos
- problemas reproductivos
- problemas de memoria y concentración

## ¿Cómo puedo reducir mi exposición al plomo?

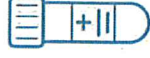
- ✓ Esté seguro en la cocina usando agua fría, filtrada o embotellada si su agua potable contiene plomo.
- ✓ Evite ciertos productos como medicinas tradicionales, utensilios de cocina importados o antiguos o alimentos no regulados.
- ✓ Esté seguro cuando trabaje con plomo duchándose y cambiándose de ropa antes de regresar a casa.
- ✓ Quítese todos los zapatos cuando entre a la casa para evitar la propagación del polvo con plomo.
- ✓ Lave las manos y los juguetes para evitar que los niños consuman polvo con plomo.
- ✓ Dele a su hijo alimentos saludables. Los alimentos que contienen calcio, hierro y vitamina C ayudan a mantener el plomo fuera del cuerpo.
- ✓ Revise tu casa. Si vive en una casa construida antes de 1978, consulte a un profesional líder.
- ✓ Controla tu agua potable poniéndote en contacto con tu empresa de agua y solicita un informe de Confianza del Consumidor. Si su agua proviene de un pozo privado, comuníquese con un laboratorio certificado para realizar las pruebas.
- ✓ Renueve de manera segura utilizando métodos aprobados en casas anteriores a 1978. Las renovaciones pueden liberar polvo de plomo.

## Preguntas frecuentes

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### ¿Puedo hacerme una prueba de plomo?

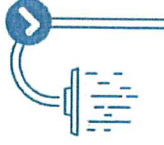
Los niños y adultos pueden hacerse análisis de sangre en el consultorio del médico. Hable con su proveedor de atención médica sobre la posibilidad de realizarle un análisis de sangre a su hijo. Un análisis de sangre es la mejor manera de determinar si un niño ha estado expuesto al plomo.



02

### ¿Puedo ducharme con agua contaminada con plomo?

Sí. El plomo no se absorbe a través de la piel.



03

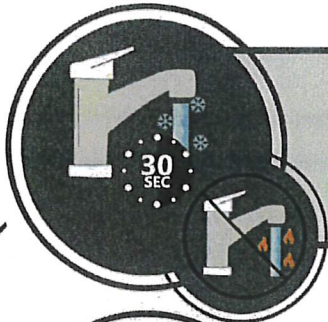
### ¿Qué filtro de agua debo comprar para eliminar el plomo del agua?

Busque filtros que afirmen reducción de plomo y que estén certificados según el estándar NSF/ANSI 53 o 42. Ejemplo:

Marca del  
Certificador

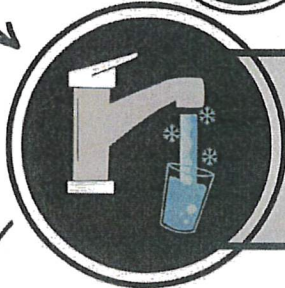
*Probado y certificado por (nombre del organismo de certificación) según los estándares 42 y 53 de NSF/ANSI para las afirmaciones especificadas en la hoja de datos de rendimiento.*

# STEPS TO REDUCE YOUR EXPOSURE TO LEAD IN WATER



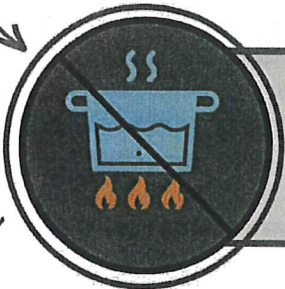
## RUN YOUR TAP

Run your water to flush out lead. If the tap hasn't been used for several hours, 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.



## USE COLD WATER

Use cold water for cooking and preparing baby formula. Lead dissolves more easily into hot water. Do not use water from the hot water tap to cook, drink, or make baby formula.



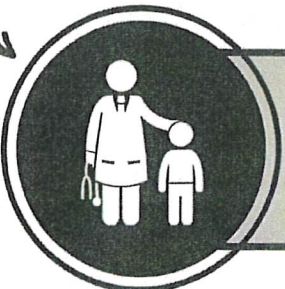
## DO NOT BOIL

Do not boil water to remove lead. Boiling water will not reduce lead. Consider using an alternative source of water.



## USE ALTERNATIVE SOURCE

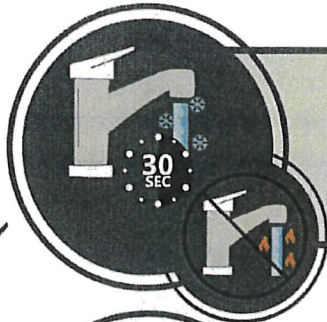
Look for alternative sources or treatment of water. You may want to consider purchasing bottled water or a water filter. Read the package to be sure the filter is approved to reduce lead. Be sure to maintain and replace a filter device in accordance with the manufacturer's instructions to protect water quality.



## GET YOUR CHILD TESTED

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.

# PASOS PARA REDUCIR SU EXPOSICIÓN AL PLOMO EN EL AGUA



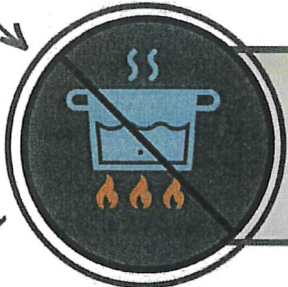
## EJECUTE SU GRIFO

Deje correr el agua para eliminar el plomo. Si el grifo no se ha usado durante varias horas, deje correr el agua durante 15 a 30 segundos para eliminar el plomo de las tuberías interiores o hasta que se entrie o alcance una temperatura estable antes de usarla para beber o cocinar.



## USA AGUA FRÍA

Utilice agua fría para cocinar y preparar fórmula para bebés. El plomo se disuelve más fácilmente en agua caliente. No utilice agua del grifo de agua caliente para cocinar, beber o preparar fórmula para bebés.



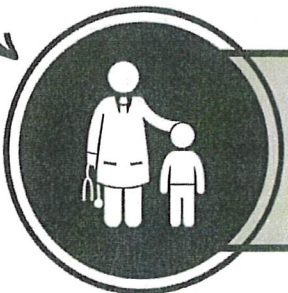
## NO HERVIR

No hierva agua para eliminar el plomo. El agua hirviendo no reducirá el plomo. Considere utilizar una fuente alternativa de agua.



## USAR FUENTE ALTERNATIVA

Busque fuentes alternativas o tratamiento de agua. Quizás quieras considerar comprar agua embotellada o un filtro de agua. Lea el paquete para asegurarse de que el filtro esté aprobado para reducir el plomo. Asegúrese de mantener y reemplazar un dispositivo de filtrado de acuerdo con las instrucciones del fabricante para proteger la calidad del agua.



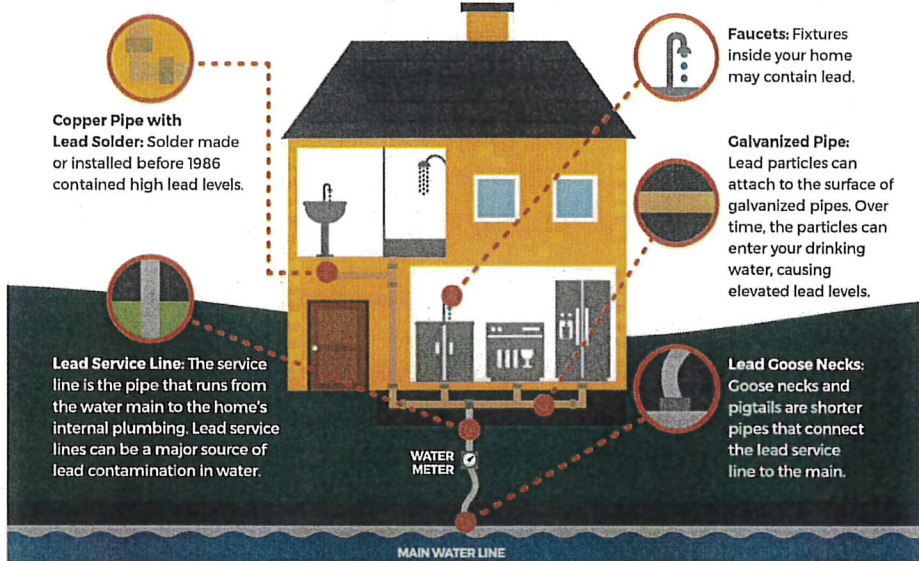
## HAGA QUE SU HIJO SEA EXAMINADO

Haga que le hagan un análisis de sangre a su hijo. Comuníquese con su departamento de salud local o proveedor de atención médica para averiguar cómo puede hacerle a su hijo una prueba de detección de plomo.



CONCERNED ABOUT LEAD IN YOUR DRINKING WATER?

# Sources of LEAD in Drinking Water



## Reduce Your Exposure To Lead



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



Regularly clean your faucet's screen (also known as an aerator).



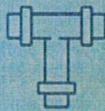
Consider using a water filter certified to remove lead and know when it's time to replace the filter.



Before drinking, flush your pipes by running your tap, taking a shower, doing laundry or a load of dishes.

To find out for certain if you have lead in drinking water, **have your water tested.**

## Replace Your Lead Service Line



Water systems are required to replace lead service lines if a water system cannot meet EPA's Lead Action Level through optimized corrosion control treatment.

Replacement of the lead service line is often the responsibility of both the utility and homeowner.

Homeowners can contact their water system to learn about EPA's how to remove the lead service line.

## Identify Other Lead Sources In Your Home

Lead in homes can also come from sources other than water. If you live in a home built before 1978, you may want to have your paint tested for lead. **Consider contacting your doctor to have your children tested if you are concerned about lead exposure.**



For more information, visit: [epa.gov/safewater](http://epa.gov/safewater)





¿LE PREOCUPA EL PLOMO EN EL AGUA POTABLE?

# Fuentes de **PLOMO** en el agua potable



## Reduzca su exposición al plomo



Use solo agua fría para beber, cocinar y preparar la leche del bebé. *Hervir el agua no elimina el plomo de esta.*



Limpie regularmente el filtro del grifo (también llamado aireador).



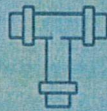
Considere usar un filtro de agua certificado para eliminar el plomo y sepa cuándo es hora de cambiar el filtro.



Antes de beber, limpie las tuberías de la casa dejando correr el agua, dándose una ducha, lavando la ropa o haciendo funcionar la lavadora de vajilla.

Para saber con seguridad si hay plomo en el agua potable, debe hacerla analizar.

## Cambie su tubería de servicio de plomo



A los sistemas de agua se les exige cambiar tuberías de servicio de plomo si un sistema de agua no puede cumplir con el Nivel de acción de plomo de la EPA a través del tratamiento optimizado de control de la corrosión.

El cambio de la tubería de servicio de plomo es a menudo responsabilidad tanto de la empresa que presta el servicio de agua como del propietario de la vivienda.

Los propietarios pueden contactar a su sistema de agua para saber cómo eliminar la tubería de servicio de plomo.

## Identifique otros orígenes del plomo en su hogar

El plomo en los hogares puede provenir también de otras cosas aparte del agua. Si vive en una casa construida antes de 1978, podría convenirle someter a prueba la pintura en busca de plomo. Podría contactar a su médico para hacer examinar a sus hijos si le preocupa la exposición al plomo.



Para obtener más información en inglés, visite: [epa.gov/safewater](http://epa.gov/safewater)