# REGIONAL SCHOOL DISTRICT 13

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Dear Parents/Guardians of Strong School Students:

Regional School District 13 is committed to providing a safe and healthy learning environment for all students and staff. As part of this commitment, the district regularly tests drinking water in our schools for the presence of lead.

Recently, drinking water samples were collected and tested at Strong School. Attached is a summary table of the test results. We are pleased to report that all results were below the Environmental Protection Agency (EPA) Action Level of 15 parts per billion (ppb) established under the federal lead testing program.

If you would like additional information about drinking water quality or lead testing in your home, please contact your local water supplier or your state drinking water agency.

Sincerely,

Sydney Leggett
Superintendent of Schools

# Consumer Notice of Lead Tap Water Results

Public Water System: Durham Center System PWSID:CT0380021

Thank you for participating in the lead and copper tap monitoring program. The Safe Drinking Water Act requires that water systems provide a notice of the individual lead tap results to the occupants of the site where the tap was tested.

| Sample Location | Sample Date | Lead Result (mg/L) |
|---|---|---|
| Cog Fountain IT Hall | 10/08/26 | Non-Detect |
| Cog HS Kitchen | 10/08/26 | Non-Detect |
| Cog Teacher Lounge | 10/08/26 | Non-Detect |
| Cog HS Nurse's Office | 10/08/26 | Non-Detect |
| Cog Boys HS Bathroom | 10/08/26 | Non-Detect |

| Sample Location | Sample Date | Lead Result (mg/L) |
|---|---|---|
| Cog Girls HS Bathroom | 10/08/26 | Non-Detect |
| Strong Fountain | 10/08/26 | Non-Detect |
| Strong Boys Bathroom | 10/08/26 | Non-Detect |
| Strong Nurse Office | 10/08/26 | Non-Detect |
| Strong Kitchen | 10/08/26 | 0.0017 |

## What Does This Mean?

Under the authority of the Safe Drinking Water Act, the EPA set the action level for lead in drinking water at 0.015 milligrams of lead per liter of water (mg/L). This means utilities must ensure that water from the customer's tap does not exceed this level in at least 90 percent of the sites sampled. The action level is the concentration of the contaminant, which if exceeded, triggers treatment or other requirements which a water system must follow 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.

## What Are The 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.*

## What Are Some Sources of Lead?

Although the primary sources of lead exposure for most children are deteriorating lead-based paint, lead-contaminated dust, and lead-contaminated soil, the U.S. EPA estimates that 10 to 20 percent of human exposure to lead may come from drinking water. 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. Although our facility's lead levels were below the action level, if you are concerned about lead exposure in your home, parents should ask their health care providers about testing children to determine levels of lead in their blood.

## What Can I Do 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 15-30 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 cook with or drink water from the hot water tap; lead dissolves more easily in hot water. Do not use water from the hot water tap to make baby formula.
- *Do not boil water to remove lead.* Boiling water will not reduce lead.
- *Look for alternative sources or treatment of water.* If your lead result is above 0.015 mg/L, 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 or contact NSF International at 800-NSF8010 or www.nsf.org for more information on performance standards for water filters.
- *Identify if your plumbing fixtures contain lead.* New faucets, fittings, and valves, may contain up to 8 percent lead including those advertised or labeled as "lead-free" and may contribute lead to drinking water. Consumers should be aware of this when choosing fixtures and take appropriate precautions.

## For More Information

Call us at 860-349-7238. For more information on reducing lead exposure around your home and the health effects of lead, visit EPA's website at www.epa.gov/lead, call the National Lead Information Center at 800-424-LEAD, or contact your health care provider.