

Lead can be found in unexpected places

Lead exposure is a known health risk. It's important to know what causes lead exposure, and how to reduce exposure for yourself, your family, and children in your care.

Tap water in homes built before 1990 may contain increased lead

The older the home the greater the risk

Homes built before 1990 may have lead in the plumbing, which can increase lead in tap water. Drinking or cooking with the tap water can increase your exposure to lead and may cause health problems.

How to find out if there's increased lead in your water:



Have your water tested

Here's what you can do about it:



Determine if you have a lead service line and contact your water system for advice on replacing it



Use a filter at the tap or pitcher filter that meets the NSF/ANSI standard for reducing lead levels



Only use cold tap water for drinking and cooking — hot water can contain more lead



Run the water until it is cold before using it for cooking or drinking



Avoid drinking discoloured water

GET MORE INFORMATION ABOUT LEAD AT:

Manitoba.ca/leadaware

If you have further questions about lead exposure, contact Health Links — Info Santé at 204-788-8200 or toll-free at 1-888-315-9257.

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