

# THE IMPORTANCE OF **CLEAN WATER**

In Pittsburgh, many of the water pipes connecting the water in our streets to our homes are made of lead. Water tests now show that the levels of lead in the water are too high. Pittsburgh Water and Sewer Authority is working to locate water lines made of lead in the city. But there are steps you can take now to protect your family. Clean filtered water is still one of the healthiest drink choices available!

## HEALTH IMPACTS:

Lead exposure causes the greatest health harm to unborn babies, infants, and young children. *There is no safe amount of lead.*

### CHILDREN EXPOSED TO LEAD CAN EXPERIENCE:

- Behavior and learning problems
- Lower IQ
- ADD & ADHD
- Hearing problems & speech delays
- Anemia
- Kidney disease

### UNBORN BABIES EXPOSED TO LEAD MAY:

- Be born early
- Have a low birth weight
- Experience negative health effects throughout their lives

## WHAT YOU CAN DO:



If you are pregnant or have children ages 0-6 at home, contact Women for a Healthy Environment (WHE) at 412-404-2872 or text **WHEsignup** to 797-979 to request a **FREE water filter kit** or additional filter cartridges today!



**Use a filter** certified to remove lead before you use water to prepare food and infant formula. Check filter cartridge and change regularly. Clean aerators in all faucets **WEEKLY** by rinsing dirt from screen.



**Never boil water** or use hot tap water to get rid of lead. Boiling evaporates some water increasing the concentration of lead in the water.



**Ask your pediatrician** to have your child's blood lead level tested.