

## **Tips for Preventing Lead Exposure from Tap Water**

1. Let the tap water run for at least 30 seconds prior to using it for drinking or cooking.
2. Let the water run for at least 1 minute if the household water has not been used for 6 hours or longer. (You can conserve water by using it for watering plants or for outdoor landscaping.)
3. Always use water from the cold tap for drinking and cooking. If water needs to be heated, use the stove, a teapot or the microwave.
4. Periodically remove the faucet strainers from household taps and remove any loose solder or debris that may be in the strainer.

Additional Resources:

[Environmental Protection Agency](#)

[Centers for Disease Control and Prevention](#)

The **Marin County Childhood Lead Poisoning Prevention Program (CLPPP)** works to reduce lead exposure and to increase the number of children assessed and appropriately tested for lead poisoning. We provide home visiting, health education, and environmental investigation services to the families of children with high blood lead levels. Visit our website for additional resources: <https://www.marinhhs.org/marin-county-lead-poisoning-prevention-program> or contact CLPPP Coordinator Maureen De Nieva at [mdenieva@marincounty.org](mailto:mdenieva@marincounty.org) or (415) 473-6731.