

LEAD & COPPER CONSUMER NOTIFICATION

SAMPLING LOCATION RESULTS

PWS Name: Inter-lakes Middle/ High School

PWS Town: Meredith

PWS ID: 1525010

Dear Inter-lakes Middle/ High School Water Users,

DATE 4/9/2024

Thank you for your participation in the lead and copper tap monitoring program. This letter is to report the lead and copper results from the samples collected at 1 Laker LN, Meredith NH on 3/28/2024

Water sample results are as follows, **all samples were below the Action Level:**

Room 105

LEAD: N/D (mg/L). lead action level of 0.015 mg/L (or 15 ppb). **COPPER: 0.033 (mg/L).** copper action level of 1.3 mg/L.

Nurses Office

LEAD: .0010 (mg/L). lead action level of 0.015 mg/L (or 15 ppb). **COPPER: 0.12 (mg/L).** copper action level of 1.3 mg/L.

Kitchen Prep

LEAD: N/D (mg/L). lead action level of 0.015 mg/L (or 15 ppb). **COPPER: .17 (mg/L).** copper action level of 1.3 mg/L.

Room 213

LEAD: N/D (mg/L). lead action level of 0.015 mg/L (or 15 ppb). **COPPER: .026 (mg/L).** copper action level of 1.3 mg/L.

Room 218

LEAD: N/D (mg/L). lead action level of 0.015 mg/L (or 15 ppb). **COPPER: .11 (mg/L).** copper action level of 1.3 mg/L.

Audi/Gym Lobby Bubbler

LEAD: N/D (mg/L). lead action level of 0.015 mg/L (or 15 ppb). **COPPER: .024 (mg/L).** copper action level of 1.3 mg/L.

1st Floor Bubbler by Office

LEAD: N/D (mg/L). lead action level of 0.015 mg/L (or 15 ppb). **COPPER: .056 (mg/L).** copper action level of 1.3 mg/L.

1st Floor Middle School Bubbler

LEAD: N/D (mg/L). lead action level of 0.015 mg/L (or 15 ppb). **COPPER: .011 (mg/L).** copper action level of 1.3 mg/L.

2nd Floor Middle School Bubbler

LEAD: N/D (mg/L). lead action level of 0.015 mg/L (or 15 ppb). **COPPER: .027 (mg/L).** copper action level of 1.3 mg/L.

Room 219 Sink #5

LEAD: N/D (mg/L). lead action level of 0.015 mg/L (or 15 ppb). **COPPER: .014 (mg/L).** copper action level of 1.3 mg/L.

What Does This Mean?

LEAD TEST RESULTS

The United States Environmental Protection Agency (EPA) and the New Hampshire Department of Environmental Services (NHDES) set the **Lead Action Level¹ for lead in drinking water at 0.015 mg/L (or 15 ppb)**. Because lead may pose serious health risks, the EPA and NHDES also set a **Maximum Contaminant Level Goal (MCLG)² for lead of ZERO**.

¹ The Action Level is the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

² The Maximum Contaminant Level Goal (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.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. If too much enters your body from drinking water, 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. 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 health 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. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Our public water system is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. More information on lead in drinking water and steps you can take to minimize exposure is available from the [Safe Drinking Water Hotline](http://www.epa.gov/safewater/lead) or at: <http://www.epa.gov/safewater/lead>.

COPPER TEST RESULTS

Copper is an essential nutrient, but some people who drink water containing copper in excess of the action level over a relatively short amount of time could experience gastrointestinal distress. Some people who drink water containing copper in excess of the action level over many years could suffer liver or kidney damage. People with Wilson's Disease should consult with their personal doctor.

We recommend the following tips to keep any potential lead and/or copper out of the water you drink:

- **Most importantly – Flushing your water is the simplest way to reduce exposure to lead or copper. When your water has been sitting for several hours, flush the tap until the water feels cold before use.**
- **Never use hot water from the faucet for drinking or cooking especially when making baby formula.**
- **Never boil water to remove lead or copper. Boiling water for an extended time may concentrate these metals.**

For more information on lead in drinking water visit http://water.epa.gov/lawsregs/rulesregs/sdwa/lcr/lcrrm_index.cfm

If you have any questions regarding lead or copper in drinking water or your sampling results, please feel free to contact: Inter-Lakes Facilities Department at 603-279-5307.

Sincerely,

Inter-Lakes Facilities Department