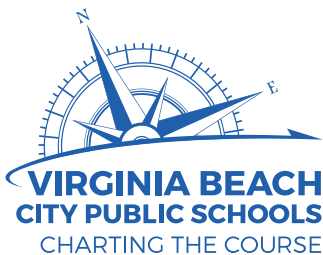


The VBCPS Water Testing Program



Frequently Asked Questions

What is lead poisoning?

Lead poisoning occurs when a person's health or body functions are negatively affected by lead contamination in what they eat, drink, touch or breathe. There are many factors that affect how human bodies handle exposure to lead. These factors include a person's age, nutritional status, and genetic makeup, as well as the source of lead and length of their exposure.

Who is at greatest risk?

Children under age six are most susceptible since their brain is still developing. During this time, low levels of lead can interfere with normal brain development, resulting in behavioral problems and permanently reduced IQ. This is also the age during which hand-to-mouth activity is a child's way of exploring, and they spend more time crawling on the floor where they can pick up dust containing lead on their hands.

How do children get lead poisoning?

Most children get lead poisoning from paint in homes built before 1978. When old paint cracks and peels, it makes dangerous dust. The dust is so small you cannot see it. Most children get lead poisoning when they breathe or swallow the dust on their hands and toys.

Reducing Possible Lead Exposure from Drinking Water

Flush pipes



- Lead enters water when it sits in plumbing for an extended period of time.
- Run the water for 30 seconds anytime water hasn't been used for several hours.

Use Cold Water



- Always use cold tap water for drinking or cooking. Hot water dissolves lead in pipes more quickly.

Drinking water is not a major source for lead exposure. It is estimated that drinking water only contributes 10–20% of total lead exposure.

Paint is the most common and the most dangerous form of lead exposure.

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Produced by the Department of Communications & Community Engagement for the Department of School Division Services. For further information, please visit vbschools.com/safewater or call (757) 263-2500.

Notice of Non-Discrimination Policy

Virginia Beach City Public Schools does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation/gender identity, pregnancy, childbirth or related medical condition, disability, marital status, age, genetic information or military status in its programs and activities, employment, or enrollment and provides equal access to the Boy or Girl Scouts and other designated youth groups. School Board policies and regulations (including but not limited to, Policies 2-33, 4-4, 5-4, 5-7, 5-19, 5-20, 5-31, 5-44, 6-7, 6-33, 7-48, 7-49, 7-57 and Regulations 2-33.1, 4-4.1, 4-4.2, 4-4.3, 5-7.1, 5-44.1, 5-44.2, 7-11.1 and 7-57.1) provide equal access to courses, programs, enrollment, counseling services, physical education and athletic, vocational education, instructional materials, extracurricular activities, and employment.

Title IX Notice: Complaints or concerns regarding discrimination on the basis of sex or sexual harassment should be addressed to the Title IX Coordinator, at the VBCPS Office of Student Leadership, 641 Carriage Hill Road, Suite 200, Virginia Beach, 23452, (757) 263-2020, Robin.Reese@vbschools.com (student complaints) or the VBCPS Department of School Leadership, 2512 George Mason Drive, Municipal Center, Building 6, Virginia Beach, Virginia, 23456, (757) 263-1088, Robert.Wnukowski@vbschools.com (employee complaints). Additional information regarding Virginia Beach City Public Schools' policies regarding discrimination on the basis of sex and sexual harassment, as well as the procedures for filing a formal complaint and related grievance processes, can be found in School Board Policies 5-31 and 5-44 and School Board Regulations 5-44.1 and 5-44.2 (students), School Board Policy 4-4 and School Board Regulation 4-4.3 (employees) and on the School Division's website at Diversity, Equity and Inclusion/Title IX. Concerns about the application of Section 504 of the Rehabilitation Act should be addressed to the Section 504 Coordinator/Executive Director of Student Support Services at (757) 263-1980, Plaza Annex/Family and Community Engagement Center, 641 Carriage Hill Road, Suite 200, Virginia Beach, VA 23452 or the Section 504 Coordinator at the student's school. For students who are eligible or suspected of being eligible for special education or related services under IDEA, please contact the Office of Programs for Exceptional Children at (757) 263-2400, Plaza Annex/Family and Community Engagement Center, 641 Carriage Hill Road, Suite 200, Virginia Beach, VA 23452.

The School Division is committed to providing educational environments that are free of discrimination, harassment, and bullying. Students, staff, parents/legal guardians who have concerns about discrimination, harassment, or bullying should contact the school administration at their school. Promptly reporting concerns will allow the school to take appropriate actions to investigate and resolve issues. School Board Policy 5-7 addresses non-discrimination and anti-harassment, Policy 5-44 addresses sexual harassment and discrimination based on sex or gender. Policy 5-36 and its supporting regulations address other forms of harassment.

Alternative formats of this publication which may include taped, Braille, or large print materials are available upon request for individuals with disabilities. Call or write the Office of Facilities and Maintenance Services, Virginia Beach City Public Schools, 1568 Corporate Landing Parkway, Virginia Beach, VA 23454. Telephone 263-2500 (voice); fax 263-2501; 263-1240 (TDD) or email the Assistant Director of Maintenance Services at Patrick.fitzpatrick@vbschools.com.

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VBCPS Water Testing Program

Initial testing for lead and mitigation completed on all buildings built on or before 1986.

After the 1986 Safe Drinking Water Act Amendments, only lead-free solder (<0.2%) has been used in drinking water plumbing. Therefore, the risk of exposure to lead in drinking water within newer school buildings is likely to be even lower than in pre-1986 facilities where water sources were tested.

VBCPS works with the Virginia Department of Health and the Virginia Beach Department of Public Utilities to monitor and advise on our water testing procedures.

Every academic year, VBCPS tests hundreds of water sources in our schools to ensure it is safe for consumption. Test results are viewable at vbschools.com/safewater.

In pre-2014 facilities, “Water not for Drinking or Cooking” signs are posted over water sources not intended for consumption, such as bathrooms, showers, and science labs.

This does not mean that the water is untreated, it just means that water from that source is not intended for drinking or food preparation.



HOW TO PROTECT YOUR FAMILY FROM LEAD EXPOSURE

✓ **In homes or buildings built before 1978, assume that the paint contains lead unless tests show otherwise.**

- Know the age of your home and any other houses or buildings your child spends a lot of time in.
- If the home is under renovation or in need of repair, cracking or peeling paint could create dangerous dust.
- Regularly wash children’s hands and toys to remove contamination from lead in household dust or soil.
- Take off shoes when entering the house to prevent bringing in lead contaminated soil from outside.

✓ **Make sure your children eat nutritious meals high in iron and calcium**

✓ **Avoid using imported containers, cookware, pottery, teapots, or tableware to store or cook foods or liquids.**

✓ **Shower and change clothes after finishing a task that involves working with lead-based products. Bathing and washing hands will not expose you to lead from water, as lead is not absorbed through the skin.**

✓ **Check the Consumer Product Safety Commission (CPSC) for recalled toys.**