

**LEAD & COPPER CONSUMER NOTIFICATION**  
SAMPLING LOCATION RESULTS

PWS Name: TIMBERLANE REGIONAL HS  
PWS Town: PLAISTOW  
PWS ID: 1935030

Dear Consumer,

August 1, 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 sample collected at your residence/place of business, TIMBERLANE REGIONAL HS on July 11, 2024.

Your water sample results are as follows:

**LEAD: 0.019 milligrams per liter (mg/L).** This result is  above/ below the lead action level of 0.015 mg/L (or 15 ppb).  
**COPPER: 0.202 milligrams per liter (mg/L).** This result is  above/ below the 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 Level<sup>1</sup> 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)<sup>2</sup> for lead of ZERO**.

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](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 Karl Ingoldsby at (603)382-6541 ext. 3350.

Sincerely

**Karl Ingoldsby**

Copy of analytical report attached

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

<sup>2</sup> 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.