

Health Effects of Lead Exposure



Rockdale Water Resources

Lead is a naturally occurring metal that can be found in many parts of our environment. Common sources include soil, air, older paint, plumbing fixtures, ceramics, batteries, gasoline, and even some cosmetics.

When lead accumulates in the body — often through sources like drinking water — it can lead to serious health concerns. Elevated lead levels can harm the brain and kidneys, and interfere with the body's ability to make red blood cells, which carry oxygen throughout the body.

Infants, young children, and pregnant women are particularly vulnerable to the harmful effects of lead. For more guidance on how to protect children from lead, visit the U.S. Environmental Protection Agency's page at www.epa.gov/lead/learn-about-lead.

There is **no safe level of lead** for children under six. Even small amounts can impact brain and nervous system development, slow physical growth, and lead to behavioral, emotional, and learning challenges. Lead may be present in aging paint, soil, or older toys in a child's surroundings.

Symptoms of lead exposure vary but can include stomach pain, joint aches, developmental delays, fatigue, loss of appetite, irritability, or hyperactivity. In older adults — especially those over 65 — long-term exposure may contribute to memory issues, high blood pressure, and kidney damage.

Pregnant women are also at risk. Lead stored in bones can be released during pregnancy, exposing the unborn child and potentially affecting brain development. Lead exposure during pregnancy has been linked to health risks like gestational hypertension, miscarriage, low birth weight, and developmental issues in infants.

To learn more about how lead can enter drinking water and how to reduce risks during pregnancy, please visit www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water

3 Tips

- Flush Pipe Daily**
Turn your water on, and let cold water run for 3-5 minutes at drinking faucets. Avoid water that has been sitting in pipes for extended periods.
- Always Use Cold Water**
Hot water dissolves lead more easily, leading to a higher concentration. Use cold water for cooking or drinking purposes.
- Check Your Aerators**
Debris can often get stuck in the aerators (screens) of your faucets. Clean these yearly to prevent contents from entering drinking water.





Lead in Drinking Water Information:

<https://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water>

[Childhood Lead Poisoning Prevention – Populations at Higher Risk](#)

Educational Videos

Please see the following videos below to learn about lead in drinking water.

AWWA: Together, Let's Get the Lead Out – <https://www.youtube.com/watch?v=PqFHrae92OM>

FOR QUESTIONS CALL (770) 278-7400

www.RockdaleWaterResources.com

