

# LEAVE LEAD OUT OF YOUR TAP WATER

love  
every  
drop.  
anglianwater

IF YOU LIVE IN  
A HOUSE BUILT  
BEFORE 1970,  
CHANCES ARE YOU  
MAY HAVE LEAD  
PIPEWORK.

The latest medical advice suggests that lead is most harmful if excessive levels are allowed to build up in the body.

Adverse health effects due to lead in drinking water are rare, however we should all try to reduce the amount we consume, especially pregnant women and young children.

## TIPS TO REDUCE LEAD LEVELS

Replacing lead pipes is the only sure way to eliminate lead levels completely but here's some quick tips to reduce lead levels in your drinking water.

- Only use water from the kitchen cold water tap for drinking and cooking
- Only cook or drink with fresh cold water - run the tap for a couple of minutes before use until you feel the temperature drop
- Never cook or mix infant formula using hot water from the tap
- Only use approved materials and plumbers when you alter or replace the pipework in your home



If you think you have lead pipes, call us to ask for a free lead test on

LEAD ADVICE LINE  
**0845 070 3445**



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