

RUN YOUR TAP

REDUCE POTENTIAL EXPOSURE TO LEAD FROM YOUR PLUMBING SYSTEM

New York City's drinking water meets or exceeds the highest quality standards. But lead can enter tap water through household plumbing, causing levels that may pose a health risk to young children.

Lead poisoning has dropped dramatically over the past decade. Here are a few simple precautions you can take to further reduce your exposure:

- Run your tap for at least 30 seconds, until the water is noticeably colder, before using it for drinking, cooking or making baby formula any time the water in a faucet has stood for several hours.
- Always use cold tap water for drinking or cooking, even after you have run your tap.

**For more information,
visit nyc.gov or call 311.**



Bill de Blasio
Mayor

**Environmental
Protection**

Vincent Sapienza, P.E.
Acting Commissioner

Health

Mary Bassett, MD, MPH
Commissioner

