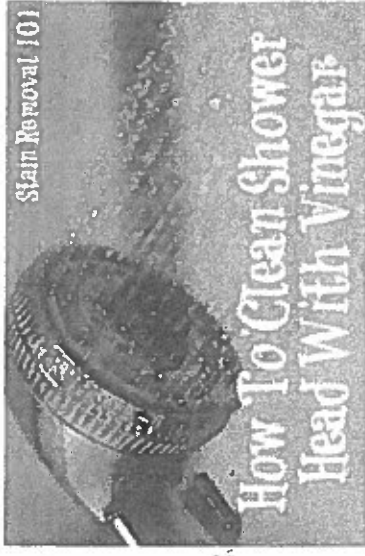


Your state Department of Environmental Protection (DEP) or the federal Environmental Protection Agency (EPA) can provide additional information.

ELIMINATING POSSIBLE BACTERIOLOGICAL CONTAMINATION IN YOUR HOT WATER



Why You Should Clean Your Shower Head

It's not just neat-freaks who need to know how to clean a shower head: everyone should make a point to do this at least once a month for the sake of their health and their plumbing.

A nice, long shower is a great place to relax or even come up with some of your most creative ideas. But if you haven't cleaned your shower head lately you're not getting nearly as clean as you think. One third of shower heads tested by researchers were found to contain a bacteria associated with pulmonary disease.

Dirty shower heads are also associated with the spread of Legionnaires disease. As if we didn't already have enough to clean, right?

Fortunately, cleaning your shower head isn't difficult. The payoff isn't simply a healthier bathing environment, though: you'll also get a better, stronger spray of water! Here's how to clean yours.

Flush Your Pipes Before Drinking

Anytime the water in a particular faucet has not been used for six hours or longer, "flush" your cold-water pipes by running the water until it becomes as cold as it will get.

(This could take as little as five to thirty seconds if there has been recent heavy water use such as showering or toilet flushing. Otherwise, it could take two minutes or longer.) The more time water has been sitting in your home's pipes, the more lead it may contain. So, if you have been away from your home or business for a weekend, holiday, or vacation, it is especially important to flush all faucets that may be used for water consumption.

Only Use Cold Water for Consumption

Use only water from the cold-water tap for drinking, cooking, brushing teeth, and especially for making baby formula.

Hot water is likely to contain higher levels of lead.

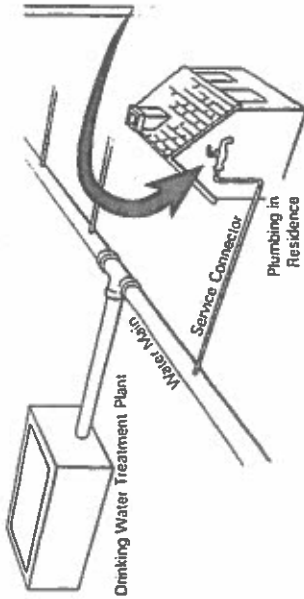
The two actions recommended above are very important to the health of your family.

They will probably be effective in reducing lead levels because **most of the lead in household water usually comes from the plumbing in your house, not from the local water supply.**

Have Your Water Tested

After you have taken the two precautions above for reducing the lead in water used for drinking or cooking, have your water tested. The only way to be sure of the amount of lead in your household water is to have it tested by a competent laboratory.

Your water supplier may be able to offer information or assistance with testing. Testing is especially important for apartment dwellers, because flushing may not be effective in high-rise buildings with lead-soldered central piping.



LEAD IN YOUR DRINKING WATER

Actions You Can Take To Reduce Lead In Your Drinking Water.

Health Threats From Lead

Too much lead in the human body can cause serious damage to the brain, kidneys, nervous system, and red blood cells.

You have the greatest risk, even with short-term exposure, if:

you are a young child, or you are pregnant.

Sources of Lead in Drinking Water

Lead levels in your drinking water are likely to be highest if:

your home has faucets or fittings made of brass which contains some lead, or your home or water system has lead pipes, or your home has copper pipes with lead solder, and the home is less than five years old, or you have naturally soft water, or water often sits in the pipes for several hours.

How to Clean a Shower Head

Start with a Deep Cleaning

If it's been a while since you last cleaned your shower head, or if you've never cleaned it at all, start with a deep cleaning.

1. Combine 3 cups of very hot water and 1 cup of white vinegar in a large bowl.
2. Remove your shower head completely and shake out any excess water.
3. Put the shower head in the vinegar water and let it sit for 30 minutes.
4. Use an old toothbrush or bottle brush to scrub the shower head inside and out.
5. Swirl to dislodge additional gunk and allow the shower head to sit an additional 5-10 minutes.
6. Give it one more scrub, drain the water, and rinse the shower head well.
7. Let the shower head fully air dry before reinstalling it. (Now is a good time to use the brush on the shower pipe's threads to remove any buildup there, too.)

Do Monthly Maintenance Cleaning

Once you've deep-cleaned your shower head you don't need to remove it again unless you see significant buildup. Make it a point to spray it monthly with a vinegar-based cleaning solution and scrub the spray nozzles to dislodge residue and bio-film. Run the shower to rinse the spray head and you're done.

attach it to your shower head with a rubber band. Let that sit in place an hour, or even overnight, and scrub it with a brush to get it clean again.



**CENTRAL INDIANA COUNTY
WATER AUTHORITY**
30 East Wiley Street
Homer City PA 15748
724-479-8005
www.homercity.com

This pamphlet is to assist our customers with their concerns about safe drinking water. Although the water main lines owned by the Central Indiana County Water Authority contain no lead, the Authority has no knowledge of the composition of any consumer owned service lines or water lines within any structure. We are providing this pamphlet as a way you can be sure the water you consume is safe.

We hope this pamphlet has been helpful to you. Should you need any assistance with your water or have any questions, please contact the Central Indiana County Water Authority at the address or phone number listed on the front.

