



**fraserhealth**

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Best in health care.

March 3, 2023

*Water System Operators*

**Re: Metals in Drinking Water – “Flush” Message in Annual Reports**

***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 you notice a change in temperature. (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.***

***Use only water from the cold-tap for drinking, cooking, and especially 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.***

***Conserving water is still important. Rather than just running the water down the drain you could use the water for things such as watering your plants.***

If you have any questions, please contact our Drinking Water Program at 604-870-7903 or 1-866-749-7900.

Sincerely,

Blair Choquette  
Manager, Drinking Water Program  
Health Protection