

Lead in drinking water in Westmount

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After analyzing data pertaining to lead in drinking water, the Direction régionale de santé publique du CIUSSS du Centre-Sud-de-l'Île-de-Montréal has come to the following conclusion:

- **The health risks are low** and limited to pregnant women (because of their foetuses) and children under 6 years of age who live in homes built prior to 1970 and with fewer than 8 living units, and that have lead service connections linked to the municipal water main. *Indeed, those children's blood lead levels may be slightly higher than the average for Québec children, but they are lower than the levels of their parents when they were young.*
- **However, to reduce to a minimum the low risks to children's health,** pregnant women and parents of children under 6 can do the following:
 - Use a pitcher water filtration system, a filter attached to the tap or one installed under the sink. It should be indicated on the packaging that the filter is certified for lead reduction under NSF/ANSI Standard No. 53. The filters are available in hardware stores and some big-box stores.
 - Drink bottled water.

This is especially important for infants being fed commercial milk preparations that are reconstituted with water (concentrated or powdered formula).

If this measure is taken, those children's exposure to any source of lead will be similar to that of other Québec children.

For more information: www.dsp.santemontreal.qc.ca/eaupotable