

## Lead

You may be in contact with lead through paint, water, dust, soil, food, hobbies, or your job. Coming in contact with lead can cause serious health problems for everyone. There is no safe level of lead. Babies, children under six years, and pregnant women are at the highest risk.

Lead is rarely in a drinking water source, but it can get in your drinking water as it passes through lead service lines and your household plumbing system. North St. Paul provides high quality drinking water, but it cannot control the plumbing materials used in private buildings.

Read below to learn how you can protect yourself from lead in drinking water.

1. **Let the water run** for 30-60 seconds before using it for drinking or cooking if the water has not been turned on in over six hours. If you have a lead service line, you may need to let the water run longer. A service line is the underground pipe that brings water from the main water pipe under the street to your home.

You can find out if you have a lead service line by contacting your public water system, or you can check by following the steps at: Are your pipes made of lead? Here's a quick way to find out

[www.mprnews.org/story/2016/06/24/npr-find-lead-pipes-in-your-home](http://www.mprnews.org/story/2016/06/24/npr-find-lead-pipes-in-your-home)

The only way to know if lead has been reduced by letting it run is to check with a test. If letting the water run does not reduce lead, consider other options to reduce your exposure.

2. **Use cold water** for drinking, making food, and making baby formula. Hot water releases more lead from pipes than cold water.
3. **Test your water.** In most cases, letting the water run and using cold water for drinking and cooking should keep lead levels low in your drinking water. If you are still concerned about lead, arrange with a laboratory to test your tap water. Testing your water is important if young children or pregnant women drink your tap water.

Contact an MDH accredited laboratory to get a sample container and instructions on how to submit a sample:

Environmental Laboratory Accreditation Program

[www.health.state.mn.us/accreditation](http://www.health.state.mn.us/accreditation)

MDH can help you understand your test results.

4. **Treat your water.** If a test shows your water has high levels of lead after you let the water run. Read about water treatment units: Point-of-Use Water Treatment Units for Lead Reduction [www.health.state.mn.us/communities/environment/water/factsheet/poulead.html](http://www.health.state.mn.us/communities/environment/water/factsheet/poulead.html)

- Visit Lead in Drinking Water [www.health.state.mn.us/communities/environment/water/contaminants/lead.html](http://www.health.state.mn.us/communities/environment/water/contaminants/lead.html)
- Visit Basic Information about Lead in Drinking Water [www.epa.gov/safewater/lead](http://www.epa.gov/safewater/lead)

Call the EPA Safe Drinking Water Hotline at (800) 426-4791.

To learn how to reduce your contact with lead from sources *other than your drinking water*, visit Lead Poisoning Prevention: Common Sources

[www.health.state.mn.us/communities/environment/lead/sources.html](http://www.health.state.mn.us/communities/environment/lead/sources.html)

## Our Water Source

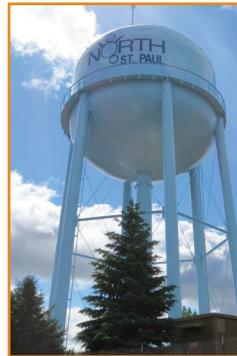
The City of North St. Paul provides drinking water to its residents from a groundwater source: five wells ranging from 468 to 531 feet deep, that draw water from the Prairie Du Chien-Jordan and Jordan aquifers.

The MDH provides information about your drinking water source in a source water assessment, including:

- How North St. Paul is protecting your drinking water source
- Nearby threats to your drinking water source
- How easily water and pollution can move from the surface of the land into drinking water sources, based on natural geology and the way wells are constructed.

Call (651) 201-4700 or (800) 818-9318 between 8:00 a.m. and 4:30 p.m., Monday through Friday or find your source water assessment at:

[www.health.state.mn.us/communities/environment/water/swp/swa](http://www.health.state.mn.us/communities/environment/water/swp/swa)



## Fluoride

Fluoride is nature's cavity fighter, with small amounts present naturally in many drinking water sources. There is an overwhelming weight of credible, peer-reviewed, scientific evidence that fluoridation reduces tooth decay and cavities in children and adults, even when there is availability of fluoride from other sources, such as fluoride toothpaste and mouth rinses. Since studies show that optimal fluoride levels in drinking water benefit public health, municipal community water systems adjust the level of fluoride in the water to a concentration between 0.5 to 1.5 parts per million (ppm), with an optimal fluoridation goal between 0.7 and 1.2 ppm to protect your teeth. Fluoride levels below 2.0 ppm are not expected to increase the risk of a cosmetic condition known as enamel fluorosis.

## Water Conservation

In the Twin Cities metropolitan area, residents use an average of 58 gallons of water per person, indoors, every day.

Everyone benefits when we take steps to conserve water. Many conservation techniques are implemented by the City of North St. Paul on a municipal level. Each resident's personal habits and water use also impact the water supply that we all share. To use water wisely, please implement these water conservation techniques:

- Water lawns early in the day and only when needed.
- Position sprinkler so water lands on lawn or garden.
- Sweep your driveway rather than washing.
- Use a hose nozzle to interrupt water flow when washing items like cars and bicycles.
- Check your toilet for silent leaks by adding dye or food coloring to the tank.
- Fix leaks promptly.
- Install a low-flow showerhead.
- Take shorter showers.
- Do not leave the faucet running while shaving and brushing teeth.

For more water conservation information check out these websites:

[www.epa.gov/watersense](http://www.epa.gov/watersense)  
[www.drinktap.org/Water-Info/Water-Conservation](http://www.drinktap.org/Water-Info/Water-Conservation)



**NORTH  
ST. PAUL**  
*extraordinary.*

## DRINKING WATER QUALITY REPORT 2018

The City of North St. Paul is issuing the results of monitoring done on its drinking water for the period from January 1 to December 31, 2018.

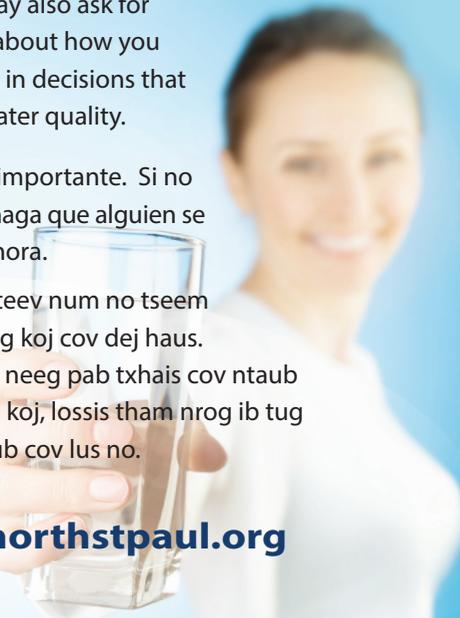
North St. Paul works hard to provide you with safe and reliable drinking water that meets all federal and state water quality requirements. The purpose of this report is to provide you with information on your drinking water and how to protect our precious water resources.

Contact the Public Works Department at (651) 747-2409 if you have questions about North Saint Paul's drinking water. You may also ask for information about how you can take part in decisions that may affect water quality.

Información importante. Si no la entiende, haga que alguien se la traduzca ahora.

Daim ntawv teev num no tseem ceeb hais txog koj cov dej haus. Nrhiav ib tug neeg pab txhais cov ntaub ntawv no rau koj, lossis tham nrog ib tug neeg uas paub cov lus no.

[northstpaul.org](http://northstpaul.org)



## Drinking Water Standards

The US Environmental Protection Agency (EPA) sets safe drinking water standards. These standards limit the amount of specific contaminants allowed in drinking water. This ensures that tap water is safe to drink for most people. The US Food and Drug Administration regulates the amount of certain contaminants in bottled water. Bottled water must provide the same public health protection as public tap water.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline at (800) 426-4791.

## North St. Paul Monitoring Results

We work with the Minnesota Department of Health (MDH) to test drinking water for more than 100 contaminants. It is not unusual to detect contaminants in small amounts. No water supply is ever completely free of contaminants. Drinking water standards protect Minnesotans from substances that may be harmful to their health.

Learn more by visiting the MDH webpage "Basics of Monitoring and Testing Drinking Water in Minnesota" [www.health.state.mn.us/communities/environment/water/factsheet/sampling.html](http://www.health.state.mn.us/communities/environment/water/factsheet/sampling.html)

## How to Read the Water Quality Table

The table below shows the contaminants we found last year or the most recent time we sampled for that contaminant. It also shows the levels of those contaminants and the EPA's limits. Substances that we tested for but did not find are not included in the tables.

We sample for some contaminants less than once a year because their levels in water are not expected to change from year-to-year. If we found any of these contaminants the last time we sampled for them, we included them in the table along with the detection date.

We may have done additional monitoring for additional contaminants that are not included in the Safe Drinking Water Act. To request a copy of these results, call the MDH at (651) 201-4700 or (800) 818-9318 between 8:00am and 4:30pm, Monday through Friday.

## Drinking Water Sources

Minnesota's primary drinking water sources are groundwater and surface water. Groundwater is the water found in aquifers beneath the surface of the land. Groundwater supplies 75 percent of Minnesota's drinking water. Surface water is the water in lakes, rivers, and streams above the surface of the land. Surface water supplies 25 percent of Minnesota's drinking water.

Contaminants can get in drinking water sources from the natural environment and from people's daily activities. There are five main types of contaminants in drinking water sources.

**Microbial contaminants**, such as viruses, bacteria, and parasites. Sources include sewage treatment plants, septic systems, agricultural livestock operations, pets, and wildlife.

**Inorganic contaminants** include salts and metals from natural sources (e.g. rock and soil), oil and gas production, mining and farming operations, urban stormwater runoff, and wastewater discharges.

**Pesticides and herbicides** are chemicals used to reduce or kill unwanted plants and pests. Sources include agriculture, urban stormwater runoff, and commercial and residential properties.

**Organic chemical contaminants** include synthetic and volatile organic compounds. Sources include industrial processes and petroleum production, gas stations, urban stormwater runoff, and septic systems.

**Radioactive contaminants**, such as radium, thorium, and uranium isotopes come from natural sources (e.g. radon gas from soils and rock), mining operations, and oil and gas production.



## Key to Abbreviations in the Table

**Level Detected**-This is the value used to determine compliance with federal standards. It sometimes is the highest value detected and sometimes is an average of all the detected values. If it is an average, it may contain sampling results from the previous year.

**90% Level**-90th Percentile Level. This is the value obtained after disregarding 10 percent of the samples taken that had the highest levels. For example, in a situation in which 10 samples were taken, the 90th percentile level is determined by disregarding the highest result, which represents 10 percent of the samples.

**AL**-Action Level. The concentration of a contaminant which, if exceeded, triggers treatment or other requirement which a water system must follow.

**MCL**-Maximum Contaminant Level. The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology. The MCL is the EPA's limit.

**MCLG**-Maximum Contaminant Level Goal. The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety. The MCLG is the EPA's ideal goal.

**ppm**-Parts per million or milligrams per liter. One ppm is like one drop in one million drops of water, or about one cup in a swimming pool.

**ppb**-Parts per billion or micrograms per liter. One ppb is like one drop in one billion drops of water, or about one drop in a swimming pool.

**pCi/l**-Picocuries per liter. A measure of radioactivity.

**NA**-Not applicable. Does not apply.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. The developing fetus and therefore pregnant women may also be more vulnerable to contaminants in drinking water. These people or their caregivers should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at (800) 426-4791.

## Unregulated Contaminant Monitoring

In addition to testing drinking water for contaminants regulated under the Safe Drinking Water Act, we sometimes also monitor for contaminants that are not regulated. Unregulated contaminants do not have legal limits for drinking water.

Detection alone of a regulated or unregulated contaminant should not cause concern. The meaning of a detection should be determined considering current health effects information. We are often still learning about the health effects, so this information can change over time.

The following table shows the unregulated contaminants we detected last year, as well as human-health based guidance values for comparison, where available. The comparison values are based only on potential health impacts and do not consider our ability to measure contaminants at very low concentrations or the cost and technology of prevention and/or treatment. They may be set at levels that are costly, challenging, or impossible for water systems to meet (for example, large-scale treatment technology may not exist for a given contaminant).

A person drinking water with a contaminant at or below the comparison value would be at little or no risk for harmful health effects. If the level of a contaminant is above the comparison value, people of a certain age or with special health conditions may need to take extra precautions. This may include fetuses, infants, children, elderly, and people with impaired immunity. Because these contaminants are unregulated, EPA and MDH require no particular action based on detection of an unregulated contaminant. We are notifying you of the unregulated contaminants we have detected as a public education opportunity.

More information is available on MDH's A-Z List of Contaminants in Water:

[www.health.state.mn.us/communities/environment/water/contaminants/index.html](http://www.health.state.mn.us/communities/environment/water/contaminants/index.html)

Fourth Unregulated Contaminant Monitoring Rule (UCMR 4):

[www.health.state.mn.us/communities/environment/water/com/ucmr4.html](http://www.health.state.mn.us/communities/environment/water/com/ucmr4.html)

Substance (units)	Level Detected Range	Comparison Value
Sodium* (ppm)	7.52 3.85-7.52	20
Sulfate (ppm)	11.6 7.75-11.6	500

\* home water softening can increase the level of sodium in your water.

Substance (units) test date	MCL	MCLG	Level Detected	Range	Typical Sources	Meets Standards
Fluoride (ppm)	4	4	0.94	0.82-0.98	Erosion of natural deposits; Water additive to promote strong teeth.	✓
Nitrate (ppm)	10.4	10	1.1	0-1.1	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.	✓
Combined Radium (pCi/l) 2014	5.4	0	2.3	N/A	Erosion of natural deposits.	✓
Substance (units) test date	AL	MCLG	90% Level	Sites Over AL	Typical Sources	Meets Standards
Copper (ppm) 6/25/2016	1.3	0	0.09	0 of 30 sites	Corrosion of household plumbing systems; Erosion of natural deposits.	✓
Lead (ppb) 6/25/2016	15	0	4.2	1 of 30 sites	Corrosion of household plumbing systems; Erosion of natural deposits.	✓