



Get Started

Instructions for your Lead in Water Action Kit

Your kit contains:

- 3 bottles
- 1 resealable bag
- 1 pre-paid shipping label

You will also need:

- A timer

STEP 1

LET WATER SIT IN YOUR PIPES FOR AT LEAST 6 HOURS

Choose a time when your household can go without using any water for at least 6 hours, such as **first thing in the morning or right after work**. You can't use any water – faucet, shower, toilet, outdoor spigot, dishwasher or washing machine – during this time.



If you have filters attached to faucets or pipes, take these steps before the 6-hour period begins:

- Remove or disconnect any filters.
 - » If you have a whole-house filter, turn it off at the shut-off valve.
 - » If you have a filter that attaches to your kitchen faucet, remove it.
- Note: If you have a filter that can't be easily removed, collect your filtered water from the kitchen tap, following the remaining steps in this booklet.*
- Run water from the tap you will take your samples from for 2 minutes.
 - Don't replace or activate your filters until you have finished collecting your samples.



STEP 2

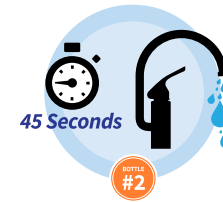
COLLECT YOUR SAMPLES

Be sure to:

- Collect at the kitchen sink.
(Note: if you have a special, filtered faucet used only for drinking and cooking, please instead collect unfiltered water from the main faucet beside it.)
- Use only cold water.
- Fill bottles to the top.
- Collect at normal flow, opening the handle as far as you normally would.
- Turn off the tap after each collection.



- Fill bottle #1. Collect the first cold water that comes out of the tap. **Do not run the water first.**



- For bottle #2, first turn the cold tap on. Let the water run **45 seconds**, then collect cold water at normal flow.



- For bottle #3, first turn the cold tap on. Let the water run **5 minutes**, then collect cold water at normal flow.



- Dry off the bottles, and write today's date on the labels with permanent ink.

STEP 3

SEAL AND SHIP YOUR WATER SAMPLES

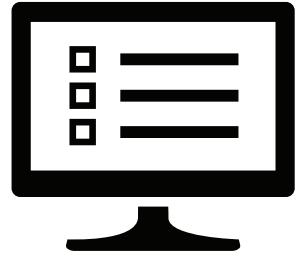
- Check that your bottles are tightly capped, and seal them into the resealable bag.
- Place the bag back into the box and seal the box with packing tape. Remove the original shipping label and affix the supplied pre-paid shipping label to the sealed box. Simply drop it at a United Parcel Service (UPS) location.

If you can't get to UPS, email us at support@hbbf.org and we will arrange for pickup.

STEP 4

TAKE A SHORT ONLINE SURVEY

After we receive your samples, we will send you an email with a link to a simple online survey. Your answers, combined with your test results, will help us create a customized action plan for your home.



While you are waiting...

See the FAQ sheet for information on how to limit potential lead exposure while you are waiting for your results.

Getting your results. Within 30 days of mailing your samples, you will receive an email with your test results along with clear, customized action steps.

ABOUT US

Healthy Babies Bright Futures (HBBF.org) works to offer the next generation a toxic-free future. We are an alliance of scientists, nonprofit organizations and donors working to create and support initiatives that measurably reduce exposures to neurotoxic chemicals in the first thousand days of a baby's development. Our "National Lead in Water Testing Initiative" is a foundational piece in HBBF's work to reduce children's exposure to neurotoxic chemicals.

Healthy Babies Bright Futures is teaming up with Dr. Marc Edwards – the scientist who helped identify and expose unsafe lead levels in Flint, Michigan – and his Virginia Tech laboratory to offer affordable home water testing to families.

