

# UNSAFE DRINKING WATER

## IS A BIG PROBLEM FOR REGINA KIDS

Thousands of homes in Regina's central neighbourhoods are hooked to city-owned lead pipes. These water connections are getting old and are leaking lead, a toxic substance, into drinking water. The city's testing program has revealed some of the highest levels of lead contamination detected in Canada.

Health Canada warns that even low levels of lead exposure can harm children's development.

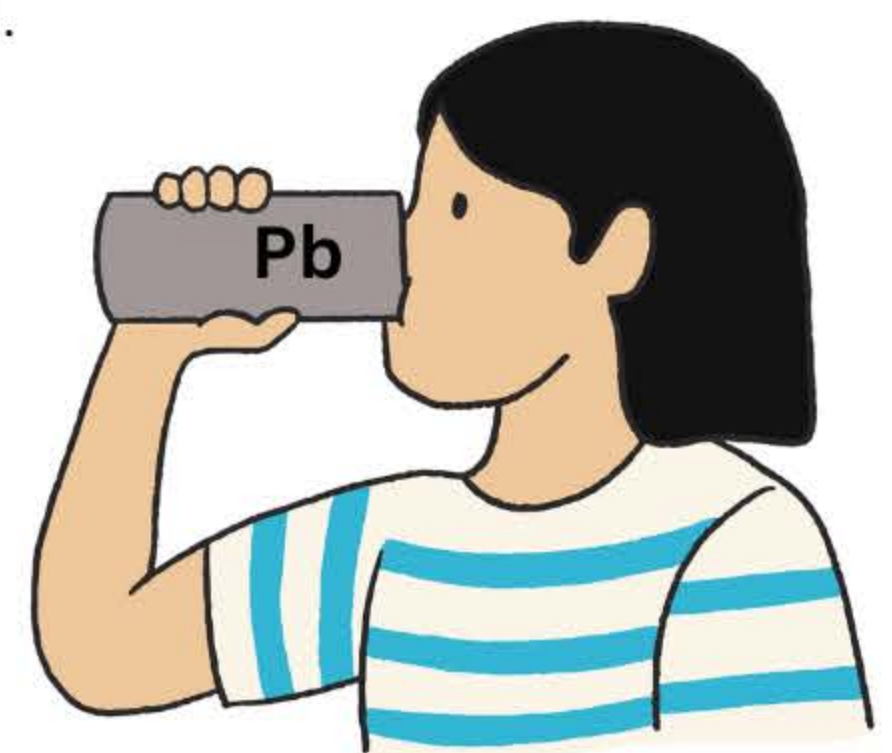
- Children who drink lead-contaminated water may find it hard to concentrate and learn.
- Lead consumption is linked to lower IQ and behaviour problems, like Attention Deficit Disorder.
- It can also cause slowed growth, hearing problems and anemia.

Drinking lead-contaminated water is also unsafe for pregnant women. It can lead to miscarriage, premature births and lower birth weight for the baby.

## WHAT CAN YOU DO TO PROTECT YOUR FAMILY?

Health Canada says the safest course of action is to remove all sources of lead contamination. However, this may not happen while your children are still young. The City of Regina has said it is too costly and difficult to remove the pipes right away, so instead they will do it slowly, over 15 years. Here are some steps you can take to help reduce the danger:

- Contact the City of Regina, find out if you are on a lead connection, and ask them to inspect your water.
- If any numbers come back above allowable limits, your water is not safe to drink. Health Canada states lead is unsafe at any level.
- Ask your doctor to test your children's blood for lead.
- Switch to bottled water for drinking and cooking. If you cannot afford bottled water, obtain a free filtered pitcher or tap filter from the city, and be sure to use it.
- Safe drinking water is a basic human right - let politicians know you are concerned.



If you need help doing any of these things, email the Get The Lead Out action committee at [leadfreeregina@gmail.com](mailto:leadfreeregina@gmail.com) or contact your city councillor.