

# Inner City Residents

## *Protect yourselves!*



Other cities faced with comparable lead levels have declared a water emergency and provided alternative water until the problem is fixed. In Regina, we're on our own.

### **PROTECT YOUR HEALTH**

If you know or suspect there is lead in your water, don't consume water straight from the tap.

Call the City for a lead test, or arrange your own through the Roy Romanow Provincial Lab.

If you need help getting water samples to the lab, call the Cathedral Village Community Association - we will seek out a volunteer to deliver them.

Read the results carefully. Any concentrations above 0.005 mg/L represent a health concern. If you have readings above that, share them with the Get The Lead Out committee and the Regina Qu'Appelle Medical Health Officer.

If you need help getting access to clean drinking water, contact Get the Lead Out and we will do our best to help you find a solution.

Ask your doctor to include a lead test in your next blood test.

The City offers free filters - but be aware they do not offer full protection, especially for very high concentrations of lead. Health Canada states the only guarantee of lead-free drinking water is to remove lead pipes entirely.

If you're on a City lead service line, ask for it to be removed ASAP - but be aware the City will expect you to pick up the costs to remove the portion on your side of the property line. Ask about financing options.

### **PROTECT YOUR CHILDREN**

If you're pregnant, don't drink the water.

Children especially should not consume lead-tainted water, because it impacts their growing brains.

Keep your eye out for slow growth, hearing problems, speech problems, difficulty concentrating and poor school performance - all these conditions can arise from exposure to lead in drinking water.

Ask your doctor to test your children's blood for lead.

Foods high in calcium, iron and Vitamin C can help reduce negative impacts in children - but is not a solution. The only true protection is to remove lead at the source.

### **PROTECT YOUR RIGHTS**

If anyone in your family has health concerns that may be related to lead exposure (for example, ADHD, slowed growth and development, childhood hearing problems, low birth weight, kidney dysfunction, high blood pressure, reproductive difficulties, miscarriage, brain fog, early onset dementia), please contact us. We need to hear from you!

You have a right to safe drinking water. You and your family should not have to wait for years for safe drinking water.

- Call your Councillor and demand that all lead pipes be removed within the next five years.
- Demand action from your MLA and MP.
- Don't let any level of government say it's not their responsibility - all levels of government bear responsibility for safe drinking water!
- Join Get The Lead Out to spread awareness and action.