



DEPARTMENT OF THE NAVY  
COMMANDING OFFICER  
NAVAL BASE POINT LOMA  
140 SYLVESTER ROAD  
SAN DIEGO, CALIFORNIA 92106-3521

IN REPLY REFER TO:  
11101  
Ser N00/525  
August 22, 2014

Dear Parents and Caregivers:

SUBJECT: ANNOUNCEMENT FOR LEAD SAMPLING PROGRAM IN DRINKING WATER AT CHILD DEVELOPMENT CENTERS AND RECREATION CENTERS AT NAVAL BASE POINT LOMA

The safety and wellness of your children are our utmost priority, and I thank you for trusting me to implement measures that will further assure we provide the most healthful environment for your children who attend programs at our Navy facilities.

The Navy has issued new policy requiring testing of drinking water every five years to ensure our children are protected. The policy aligns with the U.S. Environmental Protection Agency recommendation to sample for lead in drinking water at youth program sites and childcare facilities.

While current data indicates our youth program sites and childcare facilities are safe, plans are progressing to sample and analyze the drinking water for lead to identify any potential concerns and take all actions necessary to ensure continued safety and wellness of your children. Testing samples will be drawn from fountains, faucets, and outlets where water is used for drinking or cooking.

The following locations at our installation will be tested:

- CDC NBPL
- CDC Patrick L. Wade
- Admiral Hartman Recreation Center
- Chesterton Community Center
- Gateway Village Recreation Center
- Village at Serra Mesa Recreation Center

If you would like to learn more, please refer to the factsheet accompanying this letter, or visit:  
[navyregionsouthwest.com/go/doc/4275/2202261](http://navyregionsouthwest.com/go/doc/4275/2202261)

Testing results, updates, and actions necessary to address any concerns will be available on our website as well as at the front desk of our childcare facilities and affected youth program sites in approximately September - October 2014.

If you have questions, please visit our website, or call NBPL Public Affairs Officer (619) 553-0900.

I am committed to updating you every step of the way and will continue to ensure the safety and wellness of your children.

Sincerely,

H. C. WARNER III  
Captain, U.S. Navy

Enclosure: 1. Safe Drinking Water Fact Sheet

# SAFE DRINKING WATER – CHECKING FOR LEAD



*The United States Navy is committed to protecting the health of their sailors, civilian staff, and families by providing safe drinking water. Drinking water quality, including testing for lead, is monitored throughout the installation. It is Navy policy to follow Environmental Protection Agency (EPA) guidelines for testing and sampling of water outlets from which children may drink at childcare centers.*

## WHAT IS NAVAL BASE POINT LOMA DOING?

- NBPL will test water from sinks, faucets, fountains, and hose bibs at all Navy childcare facilities in 2014.
- Test results will be made available at locations where testing was conducted as soon as possible.
- This is an ongoing program that will include yearly updates and complete retesting every five years.

## WHAT IS LEAD?

- Lead is a common metal found throughout the environment in:
  - lead-based paint
  - air
  - soil
  - household dust
  - food
  - certain types of pottery, porcelain and pewter, and
  - water
- Lead can pose a significant risk to your health if too much of it enters your body.
- Lead builds up in the body over many years and can cause damage to the brain, red blood cells and kidneys.

## WHAT ARE THE HEALTH RISKS OF LEAD EXPOSURE?

- The greatest risk is to young children and pregnant women.
- Lead amounts that are normally not harmful to adults can affect the normal growth and development of children.
- Infants who drink formula mixed with drinking water can receive up to 60% of their lead exposure from the drinking water.
- EPA estimates that drinking water can make up 20% or more of a person's total lead exposure.

## HOW DOES LEAD GET INTO A FACILITY'S DRINKING WATER?

- Even though drinking water is treated and may meet federal, state, local and overseas standards, a facility may still test positive for elevated lead levels at the outlet or spigot due to lead in plumbing materials.
- The most common cause is corrosion of materials containing lead in the water distribution system, such as plumbing pipes, solder, water coolers, and faucets.
- Many factors contribute to corrosion, including the acidity of the water, and when water stands in the plumbing system for prolonged periods of time.

## HOW MUCH LEAD IN DRINKING WATER IS TOO MUCH?

- EPA set a guidance level of 20 part per billion (PPB) at childcare facilities to protect children who are exposed to lead in drinking water on a regular basis.
- One Part per Billion equals about 1 drop of water in an Olympic-size swimming pool—approx. 666,000 gallons.
- EPA recommends that childcare facilities collect first-draw samples from water fountains and outlets, because the highest concentrations of lead can be found when water remains in plumbing overnight.
- When sampling results show lead levels exceeding 20 ppb, those fountains and outlets are taken out of service until corrective action is complete.

## WHAT IS CORRECTIVE ACTION?

- Corrective action refers to both short- and long-term steps taken to reduce the levels of lead in drinking water if test results indicate that there is a lead issue at a childcare facility.
- EPA's childcare facility sampling protocol was designed to identify specific fountains and faucets that require corrective action, such as water cooler replacement.

## WHERE CAN I FIND MORE INFORMATION?

- The NBPL Public Affairs Officer at (619) 553-7175 can help you find answers, or you can submit your questions using the online form at: [www.navyregionsouthwest.com/go/survey/4275/20169](http://www.navyregionsouthwest.com/go/survey/4275/20169)
- Use this Navy website for more details and information: [www.navyregionsouthwest.com/go/doc/4275/2202261](http://www.navyregionsouthwest.com/go/doc/4275/2202261)
- More information on the health effects of lead can be found on EPA's website at <http://www2.epa.gov/lead>

Naval Base Point Loma - Lead In Priority Areas (LIPA) Results

Special Note: "J" value indicates the sample result is an estimated concentration.

Building	Facility Name	Outlet Type	Sample Name	Initial Sample Date	Lead	Follow-up Flushing	11/1/2014	Proposed Corrective Action	Corrective Action Planned/Completed
					Initial Sample Reading (ppb)	First Draw Sample	30-Sec Flush		
377	NBPL CDC	Drinking bubbler	B377_BB1	10/4/2014	0.376J	n/a	n/a	n/a	n/a
		Drinking bubbler	B377_BB2	10/4/2014	0.378J	n/a	n/a	n/a	n/a
		Sink	B377_R145_BOYS_RR_S1	10/4/2014	1.54J	n/a	n/a	n/a	n/a
		Sink	B377_R146_GIRLS_RR_S1	10/4/2014	0.244J	n/a	n/a	n/a	n/a
		Sink	B377_R141_ISOLATN_S1	10/4/2014	1.98J	n/a	n/a	n/a	n/a
		Sink	B377_R127_KITCHEN_S1	10/4/2014	3.29J	n/a	n/a	n/a	n/a
		Sink	B377_R127_KITCHEN_S2	10/4/2014	0.279J	n/a	n/a	n/a	n/a
		Sink	B377_R127_KITCHEN_S3	10/4/2014	1.08J	n/a	n/a	n/a	n/a
		Sink	B377_R127_KITCHEN_S4	10/4/2014	4.47J	n/a	n/a	n/a	n/a
		Sink	B377_R127_KITCHEN_S5	10/4/2014	1.90J	n/a	n/a	n/a	n/a
		Sink	B377_R127_KITCHEN_S6	10/4/2014	0.688J	n/a	n/a	n/a	n/a
		Sink	B377_R125_S1	10/4/2014	0.607J	n/a	n/a	n/a	n/a
		Sink	B377_R122_S1	10/4/2014	0.681J	n/a	n/a	n/a	n/a
		Sink	B377_R122_S2	10/4/2014	0.366J	n/a	n/a	n/a	n/a
		Sink	B377_R121_S1	10/4/2014	0.581J	n/a	n/a	n/a	n/a
		Sink	B377_R121_S2	10/4/2014	1.04J	n/a	n/a	n/a	n/a
		Sink	B377_R120_S1	10/4/2014	0.385J	n/a	n/a	n/a	n/a
		Sink	B377_R120_S2	10/4/2014	1.35J	n/a	n/a	n/a	n/a
		Sink	B377_R119_S1	10/4/2014	1.46J	n/a	n/a	n/a	n/a
		Sink	B377_R119_S2	10/4/2014	7.25	n/a	n/a	n/a	n/a
		Sink	B377_R118_S1	10/4/2014	0.440J	n/a	n/a	n/a	n/a
		Sink	B377_R118_S2	10/4/2014	0.792J	n/a	n/a	n/a	n/a
		Sink	B377_R118_S3	10/4/2014	1.22J	n/a	n/a	n/a	n/a
		Sink	B377_R117_S1	10/4/2014	0.659J	n/a	n/a	n/a	n/a
		Sink	B377_R117_S2	10/4/2014	1.26J	n/a	n/a	n/a	n/a
		Sink	B377_R116_S1	10/4/2014	2.58J	n/a	n/a	n/a	n/a
		Sink	B377_R116_S1A	10/4/2014	1.72J	n/a	n/a	n/a	n/a
		Sink	B377_R116_S2	10/4/2014	4.51J	n/a	n/a	n/a	n/a
		Sink	B377_R116_S2A	10/4/2014	2.60J	n/a	n/a	n/a	n/a
		Sink	B377_R116_S3	10/4/2014	1.06J	n/a	n/a	n/a	n/a
		Sink	B377_R115_S1	10/4/2014	0.573J	n/a	n/a	n/a	n/a
		Sink	B377_R115_S2	10/4/2014	0.553J	n/a	n/a	n/a	n/a
		Sink	B377_R115_S2A	10/4/2014	0.872J	n/a	n/a	n/a	n/a
		Sink	B377_R115_S3	10/4/2014	1.17J	n/a	n/a	n/a	n/a
		Sink	B377_R115_S3A	10/4/2014	0.799J	n/a	n/a	n/a	n/a
		Sink	B377_R114_S1	10/4/2014	0.317J	n/a	n/a	n/a	n/a
		Sink	B377_R114_S1A	10/4/2014	0.330J	n/a	n/a	n/a	n/a
		Sink	B377_R114_S2	10/4/2014	0.329J	n/a	n/a	n/a	n/a
		Sink	B377_R114_S2A	10/4/2014	0.164J	n/a	n/a	n/a	n/a
		Sink	B377_R114_S3	10/4/2014	0.362J	n/a	n/a	n/a	n/a
		Sink	B377_R113_S1	10/4/2014	0.282J	n/a	n/a	n/a	n/a
		Sink	B377_R113_S2	10/4/2014	0.347J	n/a	n/a	n/a	n/a
		Sink	B377_R113_S2A	10/4/2014	0.421J	n/a	n/a	n/a	n/a
		Sink	B377_R113_S3	10/4/2014	0.244J	n/a	n/a	n/a	n/a
		Sink	B377_R113_S3A	10/4/2014	0.409J	n/a	n/a	n/a	n/a
		Sink	B377_R175_STAFFLG_S1	10/4/2014	0.756J	n/a	n/a	n/a	n/a
		Sink	B377_R112_S1	10/4/2014	3.19J	n/a	n/a	n/a	n/a
		Sink	B377_R112_S1A	10/4/2014	5.52	n/a	n/a	n/a	n/a
		Sink	B377_R112_S2	10/4/2014	1.11J	n/a	n/a	n/a	n/a
		Sink	B377_R112_S3	10/4/2014	0.396J	n/a	n/a	n/a	n/a
		Sink	B377_R111_S1	10/4/2014	0.705J	n/a	n/a	n/a	n/a
		Sink	B377_R111_S2	10/4/2014	0.832J	n/a	n/a	n/a	n/a
		Sink	B377_R111_S3	10/4/2014	0.372J	n/a	n/a	n/a	n/a
		Sink	B377_R111_S3A	10/4/2014	3.72J	n/a	n/a	n/a	n/a
		Sink	B377_R173_RR_S1	10/4/2014	0.477J	n/a	n/a	n/a	n/a
		Sink	B377_R172_LAUNDRY_S1	10/4/2014	0.929J	n/a	n/a	n/a	n/a
		Sink	B377_R110_S1	10/4/2014	2.00J	n/a	n/a	n/a	n/a
		Sink	B377_R110_S1A	10/4/2014	6.15	n/a	n/a	n/a	n/a
		Sink	B377_R110_S2	10/4/2014	2.28J	n/a	n/a	n/a	n/a
		Sink	B377_R110_S3	10/4/2014	0.418J	n/a	n/a	n/a	n/a
Sink	B377_R109_S1	10/4/2014	0.415J	n/a	n/a	n/a	n/a		
Sink	B377_R109_S2	10/4/2014	1.43J	n/a	n/a	n/a	n/a		
Sink	B377_R109_S3	10/4/2014	2.16J	n/a	n/a	n/a	n/a		
Sink	B377_R109_S3A	10/4/2014	0.158J	n/a	n/a	n/a	n/a		
Sink	B377_R101_S1	10/4/2014	0.387J	n/a	n/a	n/a	n/a		
Sink	B377_R101_S2	10/4/2014	0.610J	n/a	n/a	n/a	n/a		
Sink	B377_R108_S1	10/4/2014	0.251J	n/a	n/a	n/a	n/a		
Sink	B377_R108_S1A	10/4/2014	0.260J	n/a	n/a	n/a	n/a		
Sink	B377_R108_S2	10/4/2014	1.97J	n/a	n/a	n/a	n/a		
Sink	B377_R108_S3	10/4/2014	0.388J	n/a	n/a	n/a	n/a		
Sink	B377_R107_S1	10/4/2014	0.754J	n/a	n/a	n/a	n/a		
Sink	B377_R107_S2	10/4/2014	3.77J	n/a	n/a	n/a	n/a		
Sink	B377_R107_S3	10/4/2014	4.25J	n/a	n/a	n/a	n/a		
		Sink	B377_R107_S3A	10/4/2014	27.8	n/a	1.72J	Replace fixture. A second "first draw" sample will be taken after extensive flushing to verify that the replacement fixture is below the action level.	TBD
		Sink	B377_R102_S1	10/4/2014	0.931J	n/a	n/a	n/a	n/a
		Sink	B377_R102_S2	10/4/2014	0.365J	n/a	n/a	n/a	n/a
		Sink	B377_R106_S1	10/4/2014	2.98J	n/a	n/a	n/a	n/a
		Sink	B377_R106_S1A	10/4/2014	8.59	n/a	n/a	n/a	n/a
		Sink	B377_R106_S2	10/4/2014	9.61	n/a	n/a	n/a	n/a
		Sink	B377_R106_S3	10/4/2014	1.19J	n/a	n/a	n/a	n/a
		Sink	B377_R105_S1	10/4/2014	0.835J	n/a	n/a	n/a	n/a
		Sink	B377_R105_S2	10/4/2014	1.43J	n/a	n/a	n/a	n/a
		Sink	B377_R105_S3	10/4/2014	2.34J	n/a	n/a	n/a	n/a
		Sink	B377_R105_S3A	10/4/2014	11.7	n/a	n/a	n/a	n/a
		Sink	B377_R103_S1	10/4/2014	1.08J	n/a	n/a	n/a	n/a
		Sink	B377_R103_S2	10/4/2014	0.379J	n/a	n/a	n/a	n/a
		Sink	B377_R104_S1	10/4/2014	0.324J	n/a	n/a	n/a	n/a
		Sink	B377_R104_S2	10/4/2014	0.819J	n/a	n/a	n/a	n/a
		Sink	B377_OS1	10/4/2014	4.73J	n/a	n/a	n/a	n/a
		Hose Bib	B377_HB1	10/4/2014	5.09	n/a	n/a	n/a	n/a
		Sink	B377_OS2	10/4/2014	4.47J	n/a	n/a	n/a	n/a
		Hose Bib	B377_HB2	10/4/2014	0.620J	n/a	n/a	n/a	n/a
		Sink	B377_OS3	10/4/2014	9.33	n/a	n/a	n/a	n/a
		Hose Bib	B377_HB3	10/4/2014	2.82J	n/a	n/a	n/a	n/a
		Sink	B377_R119_S3	10/4/2014	0.555J	n/a	n/a	n/a	n/a
		Drinking bubbler	B377_BB5	10/4/2014	1.42J	n/a	n/a	n/a	n/a
		Sink	B377_OS4	10/4/2014	3.25J	n/a	n/a	n/a	n/a
		Hose Bib	B377_HB4	10/4/2014	4.82J	n/a	n/a	n/a	n/a
		Drinking bubbler	B377_BB6	10/4/2014	0.325J	n/a	n/a	n/a	n/a
		Sink	B377_OS5	10/4/2014	1.90J	n/a	n/a	n/a	n/a
		Hose Bib	B377_HB5	10/4/2014	1.61J	n/a	n/a	n/a	n/a
		Sink	B377_R127_KTNS1_SVCN	10/4/2014	0.145J	n/a	n/a	n/a	n/a
		Drinking bubbler	B377_BB4	11/1/2014	0.313J	n/a	n/a	n/a	n/a

# Preventing Lead Problems: Routine Steps

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To minimize exposure to lead in your facility, there are several things you can do on a routine basis.

These activities include:

## 1. Flush all drinking water outlets.

Flushing drinking water outlets is important because the longer water is exposed to lead pipes or solder, the greater the likelihood of lead contamination. At the start of each day, before using any water for drinking or cooking, flush the cold water faucet by allowing the water to **run for 30 seconds to one minute**. Do this at each drinking water outlet (including water fountains). Even if all your first-draw samples and flushed samples show low lead levels, there is still a possibility that lead may get into water that sits in your plumbing for long periods (such as during vacations or over long weekends). To be safe, on the first day back, flush all drinking water outlets prior to opening the facility.



## 2. Use only cold water to prepare food and drinks.

Hot water dissolves lead more quickly than cold water and is therefore more likely to contain greater amounts of lead. If hot water is needed, water should be drawn from the cold tap and heated. Use only thoroughly flushed water from the cold water tap for drinking and when making formula, juices, or foods.

## 3. Clean debris out of all water outlet screens on a regular basis.

Small screens on the end of a faucet (aerators) can trap sediments containing lead.