

# LOOK FOR THE LIGHTS

## What's in Your School's Water?

Clear, clean-tasting water doesn't always equal safer, healthier filtered water. Without filtration, water can contain harmful contaminants like lead, PFAS and microplastics that can't be seen, smelled or tasted. That's why it's critical to ensure your school is serving filtered water.



## How Do I Know if My School Provides Filtered Water?

Even if you've seen bottle filling stations at your school, it doesn't mean that water is filtered. The only way to ensure a bottle filler is filtered is to look for the filter lights.

## How Can I Take Action?

If you discover that your school's bottle fillers aren't filtered, advocate for filtered water by:



Raising the issue at a PTA or school board meeting



Speaking to or emailing your principal



Starting or joining a petition



Spreading the word on social media

## Start the Conversation

Scan the QR code to find resources that'll help you start the conversation, including talking points, email templates and more.



GET STARTED

## COMMON CONTAMINANTS

### Lead

Lead is a toxic metal that can enter drinking water when plumbing materials containing lead corrode. There is no safe level of lead exposure for children, and even trace amounts are linked to:

- Permanent brain damage
- Lower IQ
- Learning and behavior problems
- Attention disorders
- Reduced lifetime potential<sup>1</sup>

### PFAS

PFAS, also known as “forever chemicals,” are widespread, persistent industrial chemicals that can be found in drinking water across the country. PFAS exposure in children is linked to:

- Weakened immune systems
- Hormone disruption
- Developmental delays
- Increased risk of cancer and other serious diseases<sup>2</sup>

### Microplastics

Like PFAS, microplastics are an emerging concern in drinking water. Recent research shows that 94% of tap water in the U.S. contains plastic particles.<sup>3</sup> While research on the effects of microplastics is limited, early studies have shown that these particles may:

- Interfere with hormone functions
- Affect cognitive development
- Contribute to behavioral and emotional disorders<sup>4</sup>



### Why Does Filtered Water Matter?

Even though drinking water is regulated and treated, contaminants can still make it into your child’s water bottle. Understanding these contaminants can help you ask informed questions and advocate for cleaner, safer water in your school district.

### Why Kids Need Filtered Water

These contaminants aren’t good for anyone—but kids are particularly vulnerable. That’s because:

- They drink more water per body weight than adults
- Water plays an essential role in their development and cognition
- They’re more susceptible to the adverse effects of water contaminants<sup>5</sup>

Sources: <sup>1</sup>CDC <sup>2</sup>EPA <sup>3</sup>Orb Media <sup>4</sup>Ecotoxicology and Environmental Safety <sup>5</sup>HCDC



GET STARTED

### You have the power to protect kids

from water contaminants. Head to our website for more information, including how to advocate for cleaner, safer water in your district.

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